



**OSTEOPATHY
SPORTS MASSAGE**

GD Osteopathy & Sports Massage

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Exercise plan:
Plantar fasciitis

Patient:
Patient Exercises



Gastrocnemius Stretch - Single Leg

Stand facing a wall, with your hands resting on the wall. Move one leg forwards and gently bend your knee, this will be the passive leg and just there for support. The leg you will be stretching will remain straight with your heel on the ground. You should feel a stretch to the leg at the back, in the calf muscle (known as the gastrocnemius).

Sets: 2 | Time: hold for 30 seconds | Both sides



Soleus Stretch

Stand facing a wall, place one leg in front of you and your hands flat against the wall. Keep both heels on the ground, and your front knee bent. Push your front knee forward towards the wall to feel a stretch in the lower back part of the leg (bottom of the calf muscle, known as the soleus).

Sets: 2 | Time: hold 30 seconds | Both sides



Heel Drop Gastrocnemius Stretch

Stand with your toes on the edge of a step or a box. Hold onto something stable for support if required. Drop your heels downwards. You should feel a stretch just below the back of your knee, in the calf (this part of the calf is known as the gastrocnemius). This exercise will also stretch the plantar fascia.

Sets: 2 | Time: hold 30 seconds

Heel Sit Two Feet

Kneel down, and sit back on your heels. You should feel a stretch along your shins. Hold this position, and relax.

Sets: 2 | Time: hold 30 seconds



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One Leg Stand

Stand on one leg, and try to keep your balance. Be careful and hold on to a wall for support when you first start this exercise. A single leg balance exercise such as this is an enormously valuable exercise, and its benefits including strengthening the muscles and ligaments around the ankles and knees, and improving balance.

Sets: 2 | Time: hold 30-60 seconds | Both sides



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towel Pick-Up

Try to pick up a towel using your toes. This exercise will help improve strength in your toes and intrinsic foot muscles.

Sets: 10 | Both sides



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Calf Raises Two Legs

Stand upright and hold onto a wall/table for balance if required. Slowly raise up onto your toes, and control the movement back down. This exercise will strengthen the calf muscles and ankle joints.

Sets: 2 | Repetitions: 10



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Toe Raises Supported Standing

Stand upright and face a wall or table, and hold on for support. Lift your toes and ball of your feet off the ground, and return back down. This will help improve your balance and co-ordination.

Sets: 2 | Repetitions: 10

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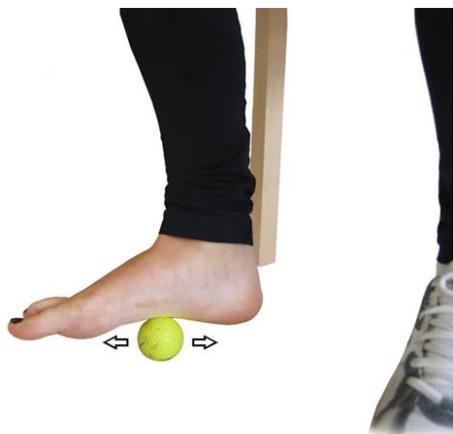


Ice the Plantar Fascia

Place an ice pack or pack of frozen peas under your heel while sitting to reduce inflammation and pain. Make sure you wrap the ice in a thin towel so its not too cold.

Time: 10 minutes

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Plantar Fascia Massage

Place a tennis ball, golf ball or squash ball underneath the sole of your foot. Roll the ball up and down along your foot. Pay particular attention to the skin under the arch of your foot. Do not rub the ball over the heel of your foot. This will help reduce tension in the plantar fascia, the tissue under the sole of your foot that causes heel pain.

Time: 1-2 minutes | Both sides

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1. Discontinue any exercise that causes you pain or discomfort
2. Pace yourself. These are gentle exercises try not to strain
3. Breathe slowly and deeply and don't hold your breathe
4. Stretch slowly and gently instead of bouncing
5. Muscle soreness usually only lasts for the first 3-4 days