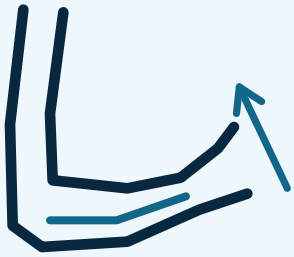
CONNECTICUT DISC AND LASER THERAPY CENTERS

Before Your First Steps

A morning guide for people with plantar fasciitis



Rest the ankle on the opposite knee



Move the toes gently toward the shin

Try this seated stretch before standing

1. Sit on the edge of the bed or in a sturdy chair. Cross the foot you’re stretching over your opposite knee.
2. Gently pull your toes back toward your shin until you feel a stretch along the bottom of your foot. You can use your other hand to feel the band tighten along your arch.
3. Hold for 10 seconds, then release. The AAOS guide describes repeating the stretch 20 times on each foot. Follow your clinician’s instructions if they’ve given you a different plan.

If you’re unsure what’s causing your heel pain, ask your clinician whether this stretch is appropriate for you. If it makes your pain worse, stop and ask for guidance.

Source: AAOS OrthoInfo, Plantar Fasciitis and Bone Spurs

ctdisccenters.com/patient-resources