
Tennis Ball

(Plantar Tissue Stretch)



Why Do This Exercise?

This exercise relieves the tension in the ligaments and muscles on the bottom of your feet and stimulates blood flow in the area. If you find that the first few steps of your day are painful this exercise will help.

How to Do This Exercise?

1. Sit on the edge of a chair with the tennis ball under your toes.
2. Roll the ball from your toes to your heel, applying as much pressure as you can tolerate.
3. Roll the ball around in small circles on your forefoot (from your toes to under the ball of your foot).
4. Now roll the ball around in small circles on your arch (from the end of the ball of your foot to the beginning of your heel).
5. Then roll the ball around in small circles on you heel.
6. Repeat the above process on your other foot.

How Often?

Roll the ball on the whole foot for ____ seconds.

Roll the ball on each of the 3 sections of your foot for ____ seconds.

1 2 3 times daily



NOTE: This exercise needs to be done first thing in the morning and last thing at night for maximum benefit.