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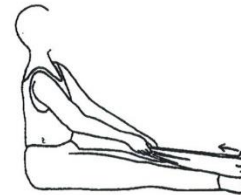
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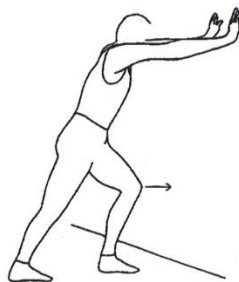
Arch Pain Rehabilitation Exercises

You may begin exercising the muscles of your foot right away by gently stretching them with the towel stretch. When the towel stretch becomes too easy, you may begin doing the standing calf stretch, plantar fascia stretch, and sitting toe raise. Next, you can begin strengthening the muscles of your foot and lower leg by doing exercises 5 and 6.

1. **Towel stretch:** Sit on a hard surface with leg on your injured side stretched out in front of you. Loop a towel around the ball of your foot and pull the towel toward your body, stretching the back of your calf muscle. Hold this position for 30 seconds. Repeat 3 times.



Towel stretch



Standing calf stretch

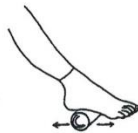
2. **Standing calf stretch:** Stand facing a wall with your hands against the wall at about eye level. Place the leg on your injured side about 12 to 18 inches behind your other leg. Gently lean into the wall by bending your forward knee and keeping your back knee straight. Keep your rear heel on the floor. You will feel a stretch in the calf muscle. Hold this position for 30 to 60 seconds. Repeat 3 times. When you can stand comfortably on your injured foot, you can begin stretching the planter fascia (the bottom of your foot).

3. **Plantar fascia stretch:** Standing with the ball of your injured foot on a stair, reach for the bottom step with your heel until you feel a stretch in the arch of your foot. Hold this position for 30 to 60 seconds and then relax. Repeat 3 times. After you have stretched the bottom muscles of your foot, you can begin strengthening the top muscles of your foot.



Plantar fascia stretch

4. **Frozen can roll:** Roll your bare injured foot back and forth from your heel to your mid-arch over a frozen juice can. Repeat for 3 to 5 minutes. This exercise is particularly helpful if done first thing in the morning.



Frozen can roll

5. **Sitting toe raise:** Sit in a chair with your feet flat on the floor. Raise the toes and the ball of your injured foot off the floor while keeping your heel on the floor. Hold for 5 seconds. Repeat 10 times. Do 3 sets of 10.



Sitting toe raise



Towel pickup

6. **Towel pickup:** With your heel on the ground, pick up a towel with your toes. Release. Repeat 10 to 20 times.