



Bloomsbury Osteopathy

Ankle and Foot

Plantar Fascia Self-massage Exercise

FOTM01

Function:

To stretch, soften and relieve tension in the connective tissue on the sole of the foot/heel.

Method:

Starting Position:

Be seated in a chair. Place either a firm foam roller of 3-6" or just an ordinary sized can of food, or a tennis ball, beneath the sole of the affected foot.

Action:

Slowly and in a controlled manner, apply some downward pressure into the roller or can and simply roll back and forth to massage and stretch the sole of the foot.

Notes:

Use your own intuition as to where the tightest areas are. If an area is particularly tight or sore, pause in that area for 10-15 seconds before moving on.

Other items may be used such as a cricket ball, or a golf ball as well as a rolling pin.

