

1



Mini Band Walk

Place a mini-band around your ankles. Stand with feet shoulder width apart and toes pointed straight ahead. Keeping knees unlocked, perform sidestepping move to the right, keeping tension in the band. Make sure your toes point straight ahead. Perform 3 x 20 yards.

2



Lateral Lunge

Stand with feet shoulder width apart and toes pointed straight ahead. Lunge to the left as you shift your weight over your left leg. Pull yourself to an upright position using your left leg as you bring your feet together. Continue to lunge to the left for 10-15 repetitions. Repeat to the right side.

3



Anterior cone touch (both hands)

Stand on one leg with toes pointed straight ahead and knee unlocked approximately 18" behind a cone. Hinge at your hip as you reach forward with both hands and lightly touch the cone. Return to the starting position. You may lightly place your opposite leg on the floor behind you for balance. Perform 3 x 12 repetitions.

4



Plank

Lie on your stomach, with toes on the floor and propped on your forearms. Draw your belly button towards your spine, and lift your belly off the floor. Your body should be straight as a plank. Maintain this position for 1 minute. Repeat 3 times.

5



Downward Dog

Assume a four-point position. With shoulders over hands and back straight curl the toes under while lifting the hips up and back as you straighten the legs. Breathe in the pose while allowing your head to hang in a relaxed position and attempting to bring the heels to the floor. Hold for 30 seconds before returning to hands and knees. Repeat 3 times.

6



Warrior II

Stand with your feet wider than shoulder width apart and toes pointed straight ahead. Turn your right foot 90° and lower your pelvis to the floor by bending the right knee until your thigh is parallel to the floor. Press your feet apart as if you are trying to split the floor. Gaze over your right middle finger and take 5 deep breaths. Return to the starting position and repeat to the left side.

What is Plantar Fasciitis?

Plantar fasciitis is inflammation of the plantar fascia on the bottom of the foot. The plantar fascia starts at the heel and stretches over the entire bottom surface of the foot. You may have plantar fasciitis if you have pain with your first few steps in the morning with the pain decreasing as you stretch out, and that pain on the bottom of the heel, towards the inner half.

The Why Behind the What

Exercise #1 - Mini-Band Walk

The mini-band walk strengthens the gluteus medius, a muscle that lies on the outside of the hip. Improving the strength of the gluteus medius prevents the leg from falling in, which takes the pressure off the plantar fascia and will help decrease the pain in the foot.

Exercise #2 - Lateral Lunge

This exercise stretches the adductors on the inside of the thigh, while working the glutes in a side to side plane of motion. Make sure the lunging knee does not go past the toes, keep your chest up, and push your butt back (like you're sitting on a ball).

Exercise #3 - Anterior Cone Touch (Both Hands)

This is a great way to both stretch the hamstrings and work the gluteus maximus at the same time. You should feel this exercise in your glutes! Make sure your knee is unlocked and directly over your foot, and keep your back straight to get the most out of this exercise.

The Common Causes of Plantar Fasciitis

Plantar fasciitis is usually an overuse injury that is commonly seen in runners. Causes include weak gluteal muscles, tight hamstrings, decreased rotation inward at the hip, and a tight ankle that cannot flex upward towards your nose.

Exercise #4 - Plank

Holding the plank activates the core muscles and works the shoulders at the same time. Activating the core muscles shuts off the hip flexors that are too tight and causing the irritation at the hip.

Exercise #5 - Downward Dog

This is a great stretch for the hamstrings and the muscles of the calf. This stretch teaches the muscles that they need to work in a long position, and we all know that muscles only learn the lessons we teach them!!

Exercise #6 - Warrior II

This yoga pose strengthens the glutes and the quads while stretching the hamstrings and adductors in the thighs. If the hamstrings are tight, they can cause the bones in the lower leg to rotate, which causes muscles in the lower leg to pull more. This, in turn pulls on the plantar fascia and causes excessive pain.