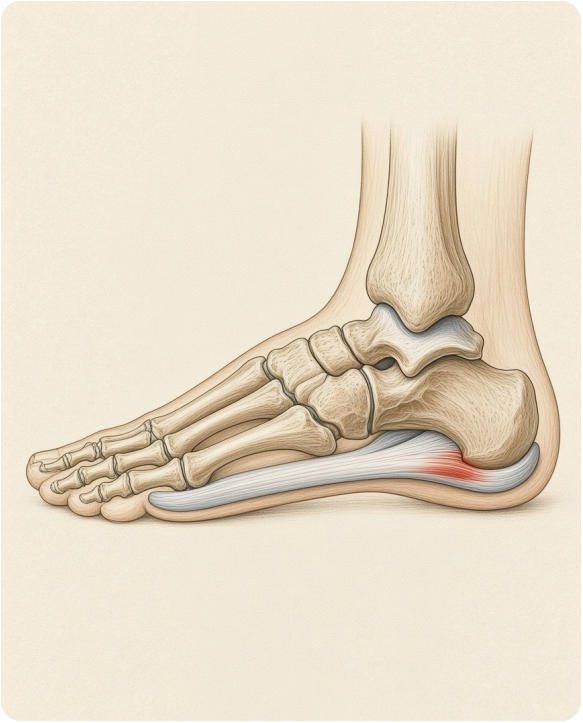
ARMIN PHYSIO



PATIENT GUIDE

Plantar Fasciitis

Sharp heel pain with your first steps in the morning? It could be **plantar fasciitis.**

Armin Ghayyur
Physiotherapist · arminphysio.com

What is plantar fasciitis?

Plantar fasciitis is irritation of the plantar fascia, the thick band of tissue along the bottom of your foot that helps support your arch. It usually develops when the tissue is repeatedly overloaded. Rehab focuses on strengthening the foot and calf, improving mobility and gradually increasing your tolerance to walking and running. Avoid completely resting the foot for long periods.

QUICK CHECK

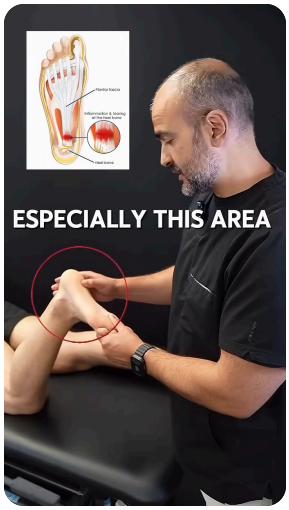
Does this sound like you?

- [ ] Pain at the bottom of the heel that **feels like walking on glass**, especially in the morning
- [ ] Pain when **touching the bottom of the foot**, especially near the heel
- [ ] Worse with the **first few steps** in the morning
- [ ] Pain after **sitting or standing** for a long time
- [ ] Tightness through the **calf or Achilles**

If you ticked a few boxes, plantar fasciitis could be the cause. Try the 3 exercises on the next pages.



Feels like walking on glass



Pain when touching the bottom of the foot

YOUR 3 EXERCISES

Try these exercises

1 Towel curl

Strengthens the small foot muscles that lift your arch





1. **Place the towel on the ground.**
2. **Place your feet on top of the towel.**
3. **Curl the towel up**, increasing that medial arch.
4. Relax and repeat.

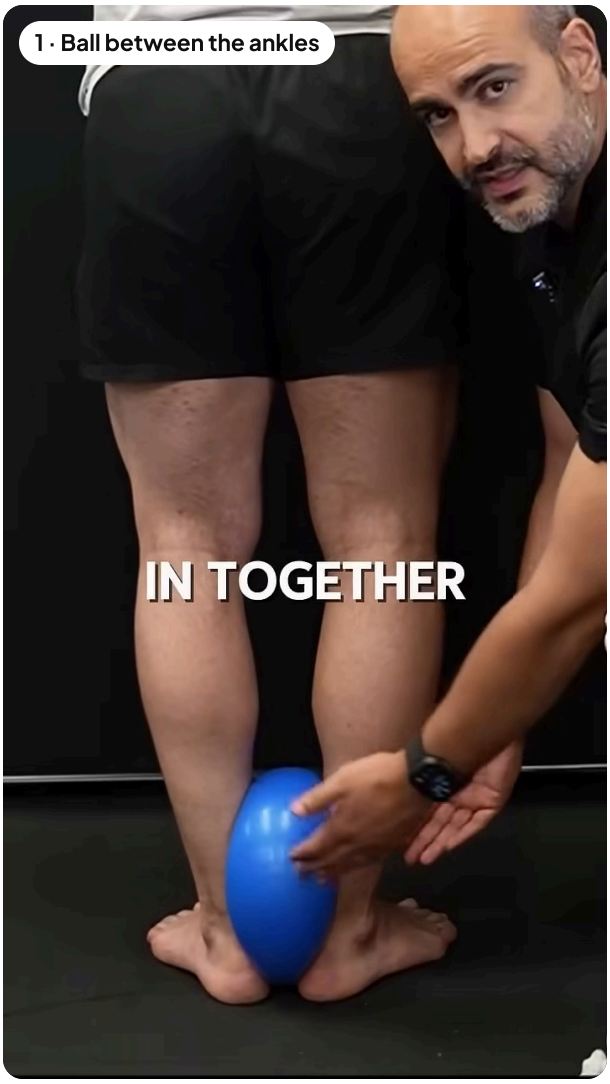
3 sets of 10–15, hold **3–5 s**

From Armin's video description

Stop if you feel sharp pain, pain that goes above about 4/10 or keeps building, or pain that lingers into the next day.

2 Ball-squeeze heel raise

Works your tibialis posterior, a key muscle that supports your arch





1. **Place the ball between the ankles.**
2. **Squeeze the ball in together.**
3. **Try to lift up**, preferably going on the **outsides of the feet**.
4. This will work your **tibialis posterior muscle**. Lower slowly and repeat.

3 sets of 10–15, hold **3–5 s**

From Armin's video description

Stop if you feel sharp pain, pain that goes above about 4/10 or keeps building, or pain that lingers into the next day.

3 Massage ball foot roll

Increases mobility in the foot bones and improves circulation





1. **Grab a massage ball** like so and place it on the ground.
2. **Place your foot on the ball.**
3. **Gently roll back and forth.** Don’t put too much pressure. **Don’t go to pain.**
4. This will help increase mobility in the foot bones and improve circulation.

Roll for **about 1 minute** per foot, light pressure

Suggested

Stop if you feel sharp pain, pain that goes above about 4/10 or keeps building, or pain that lingers into the next day.

DAILY ROUTINE · ABOUT 10 MINUTES

Put it together

01
Strengthen
Towel curl, 3 × 10–15

02
Strengthen
Ball-squeeze heel raise, 3 × 10–15

03
Mobilize
Massage ball roll, about 1 min per foot

3 sets of 10–15, slow and controlled, with a 3–5 second hold where it fits, is from Armin's video description: challenge yourself without significantly increasing your symptoms. The rolling time and doing it once a day are suggestions. Suggested: mild discomfort up to about **4/10** is OK. Don't push through significant pain.

Stop the exercise if you notice

- Sharp, stabbing pain in the foot or heel
- Pain above about 4/10, or pain that keeps building as you go
- **Tingling or numbness** that gets worse during the exercise
- Pain that's **worse the next morning**

If an exercise keeps causing these, stop it and get assessed.

SAFETY FIRST

Get checked right away if you have

- You **can't put weight on the foot** or take 4 steps after a fall or injury
- Pain or tenderness **right on a bone** after an injury
- A **hot, red, swollen** foot, especially with **fever** or feeling unwell
- **Calf pain, swelling or redness**, especially with shortness of breath
- **Numbness**, tingling or weakness that's spreading or getting worse
- A foot wound, colour change or numbness if you have **diabetes**

Calf swelling with shortness of breath or chest pain needs **911**. If you can't bear weight after an injury, or have a hot swollen foot with fever, **go to the nearest emergency department**. For the others, see a doctor promptly. If your foot isn't improving after a few weeks, **book an assessment**.

FREE · STAY IN THE LOOP

Join Physio Updates

My Instagram broadcast channel. Follow **@arminphysio** and tap the channel on my profile to join. More free exercise videos on YouTube **@ArminPhysio**.

Scan for @arminphysio

NEED MORE HELP?

Book an assessment with Armin

In clinic or virtually. See current options and times at the link.

Scan to book

Book →

EMAIL
info@arminphysio.com

WEBSITE
arminphysio.com

INSTAGRAM
@arminphysio

TIKTOK
@armin.phys1o

YOUTUBE
@ArminPhysio

ALSO FROM ARMIN

ZIPDRIP

MOVEWELL med

EASY ALLIED HEALTH
A WELL Health Company

Disclaimer: This handout is for education only. It is not a diagnosis or medical advice and does not replace an assessment by a qualified health professional. If you're unsure whether these exercises are right for you, check with your physiotherapist or doctor first.

ARMIN PHYSIO