

Notes :

1 Plantar fascia release



Sit on a straight back chair with one foot on a tennis ball, the other foot flat on the floor and your back in a neutral position (slightly arched).
Roll the ball under the arch of your foot from heel to toes.



2 Press and twist (inner arch)



Stand next to a chair wall or stable object for balance.

Step over a ball with one foot. The ball should be on the inside of your arch at the highest point of your instep.

Put weight on the ball so the ball tacks onto your skin and then pivot your foot out to stretch your arch.

Reset the ball and repeat.

3 Foot rolling side to side



Stand next to a chair wall or stable object for balance.

Step over a ball with one foot. The ball should be on the center of your foot's arch with your heel on the ground.

Roll your ankle side to side to massage the arch.



4 Arch static release



Stand next to a chair wall or stable object for balance.

Step over a ball with one foot. The ball should be on the center of your foot's arch with your heel on the ground.

Allow your foot to relax around the ball.



5 Foot rolling front to back



Stand next to a chair wall or stable object for balance.

Step over a ball with one foot.

Roll the ball from front to back under your foot to release the plantar fascia.



6 Rear foot rolling side to side



Stand next to a chair wall or stable object for balance.

Step over a ball with one foot. The ball should be at the bottom of your heel with your toes on the ground.

Roll your ankle side to side to massage the arch.



7 Press and twist (outer arch)



Stand next to a chair wall or stable object for balance.

Step over a ball with one foot. The ball should be on the outside of your arch about at the center of your foot.

Put weight on the ball so the ball tacks onto your skin and then pivot your foot in to stretch your arch.

Reset the ball and repeat.

8 Plantar fascia release w/ ball



Stand up and step on a hard ball with the foot. Move the ball under your foot to find tender spots.

Once you are on a tender spot, hold the position while applying pressure. You can hold the position as recommended to release the trigger point.

Next, move to another tender area.



9 Plantar fascia release w/ ball



Stand up and step on a hard ball with the foot. Move the ball under your foot to find tender spots.

Once you are on a tender spot, hold the position while applying pressure. You can hold the position for as long as 30 seconds to release the trigger point.

Next, move to another tender area.

