

10 Tips for Plantar Fasciitis

1.

Use a Spikey Ball

Roll your foot around a [spiky foot massage ball](#) 2-3x per day.

2.

Use The Stick

Roll out your calves daily with "[The Stick](#)."

3.

Frozen Water Bottle

Roll your foot on a frozen water bottle.

4.

Calf Stretches

Do calf stretches **on an incline**. [Watch this demo](#).

5.

Do Heel Raises

Stand on the edge of a step and raise up onto your toes. Lift one leg and **lower down slowly**. [Watch a demo](#).

6.

Self Massage

Massage the **bottom of your foot**.

7.

Kinesiotape

[Kinesiotape](#) the **bottom of your foot**.

8.

Use Correct Toes

These toe spreaders **stretch out your plantar fascia**. [Learn more](#).

9.

Try KURU Shoes

[Kuru shoes](#) have a patented design to **hug your heel**.

10.

Wear Good Shoes

Wear a shoe with **good arch support**.



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