Plantar fasciitis / heel pain — Exercises at home

Move the plantar fascia and calf gently, then build activity gradually.



Photo: Example for this body region. Always follow the instructions for each individual exercise; the photograph does not show every exercise.

Before you begin: These are general movements. Your doctor or physiotherapist should confirm suitability, especially after surgery, with new symptoms or in children.

01 Seated plantar fascia stretch

Sitting, draw the toes gently towards the shin until you feel a mild stretch beneath the foot.

Starting amount: 2 × 15–20 s

02 Calf stretch at the wall

Place one leg behind you at a wall, keep the heel down and lean forwards gently.

Starting amount: 2 × 20 s

03 Bent-knee soleus stretch

As for a calf stretch, but bend the back knee slightly while keeping the heel down.

Starting amount: 2 × 20 s

04 Gentle ball roll under the sole

Sitting, roll a small soft ball slowly under the foot without pressing hard onto painful areas.

Starting amount: 30–60 s

05 Short-foot arch activation

Sitting, draw the base of your big toe and heel gently towards each other without curling the toes.

Starting amount: 6–10 ×

06 Supported heel raise

With a safe handhold, lift both heels slowly and lower them again.

Starting amount: 6–10 ×

Safety & when to stop

Avoid aggressive stretching if the heel becomes more painful. Review symptoms if they worsen or do not improve.

These exercises do not replace your personal medical assessment or prescribed rehabilitation protocol.