Metatarsalgia Rehabilitation Exercises

Plantar Fascia Mobilization using a Ball

Use a tennis, lacrosse or golf ball to mobilize the plantar fascia. This is likely to be painful. The amount of pressure should not exceed a mild to moderate amount of pain. Roll the ball back and forth on the bottom of the foot. Go slowly and spend extra time on the more painful areas, but be sure to mobilize the entire foot.

Perform for 2-3 minutes per foot.

Foot Intrinsic Muscle Strengthening

Take a hand towel, and lay it out flat on the floor. A slick non-carpeted floor tends to work best. Then try to grab and crinkle the towel using your toes. Be sure to extend the toes, and try to grab as much as the towel as possible before attempting to grab it again.

Perform 3 sets of 10 repetitions on each foot once per day.

Calf Stretch – Gastrocnemius

While standing and leaning against a wall or counter, place one foot back behind you and bend the front knee until a gentle stretch is felt on the back of the lower leg. Maintain a proper upright posture.

Your back knee should be straight the entire time with your heel on the ground.

Hold for 30 seconds, and 3 repetitions per side.

Calf Stretch – Soleus

While standing and leaning against a wall or counter, place one foot back behind you and bend the front knee until a gentle stretch is felt on the back of the lower leg. Maintain a proper upright posture.

Your back knee should be bent the entire time with your heel on the ground.

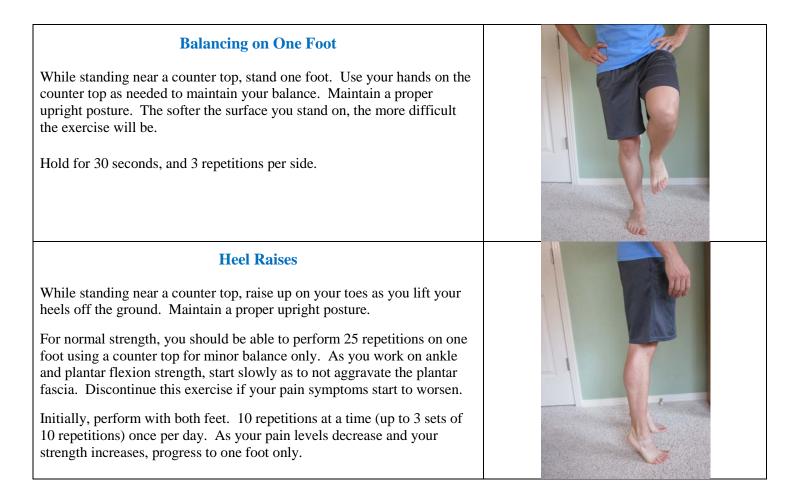
Hold for 30 seconds, and 3 repetitions per side.











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