

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.



Balancing on One Foot

While standing near a counter top, stand one foot. Use your hands on the counter top as needed to maintain your balance. Maintain a proper upright posture. The softer the surface you stand on, the more difficult the exercise will be.

Hold for 30 seconds, and 3 repetitions per side.



Heel Raises

While standing near a counter top, raise up on your toes as you lift your heels off the ground. Maintain a proper upright posture.

For normal strength, you should be able to perform 25 repetitions on one foot using a counter top for minor balance only. As you work on ankle and plantar flexion strength, start slowly as to not aggravate the plantar fascia. Discontinue this exercise if your pain symptoms start to worsen.

Initially, perform with both feet. 10 repetitions at a time (up to 3 sets of 10 repetitions) once per day. As your pain levels decrease and your strength increases, progress to one foot only.



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