

Home Exercise Program Login Instructions

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Learn about your condition

Gain a deeper understanding of your condition and the road to health recovery.

Track your progress

Keep track of your activity and progress throughout treatment and post care.

Clinician Notes

This handout contains general exercises for Plantar Fasciitis. No exercises should cause sharp, shooting or intense pain. Aching, stretching or discomfort may be present but should reduce over time as exercises are completed daily.

Progress through each phase, taking 2-4 weeks per phase. You can progress through each phase when pain becomes more manageable, symptoms decrease or exercises become easy. If you progress to the next phase and experiences significant pain, regress to earlier phase for another 1-2 weeks then trial progression again.

Your physician may recommend specific exercises within this program based on your diagnosis/condition.



Seated Plantar Fascia Mobilization with Small Ball

REPS: 1 | SETS: 1 | HOLD: 2MINS | DAILY: 2 | WEEKLY: 7

Phases 1 and 2

Setup

Begin sitting in a chair with your foot resting on a small ball.

Movement

Gently roll the middle of your foot forward and backward over the ball, in between the ball of your foot and your heel.

Tip

Make sure to use just enough pressure that you feel a stretch but no pain.



Seated Plantar Fascia Stretch

REPS: 1 | SETS: 1 | HOLD: 30-60S | DAILY: 2 | WEEKLY: 7

Phases 1, 2, and 3

Setup

Begin sitting in a chair with one leg crossed over your other knee. Use one hand to hold your ankle, and the other to hold your toes.

Movement

Gently pull your toes backward until you feel a stretch in the bottom of your foot and hold.

Tip

Make sure to keep the stretch slow and controlled.



Towel Scrunches

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Phases 1, 2, and 3

Setup

Begin in a staggered standing position with your forward foot resting on a flat towel, and the knee slightly bent.

Movement

Keep your back knee straight. Use your toes to scrunch up the towel.

Tip

Make sure to keep the rest of your foot in contact with the ground.

STEP 1



STEP 2



Standing Gastroc Stretch on Step

REPS: 1 | SETS: 1 | HOLD: 60S | DAILY: 2 | WEEKLY: 7

Phases 1 and 2

Setup

Begin standing in front of a small step or platform.

Movement

Place the front part of one foot onto the platform. You should feel a stretch in the back of your calf and knee.

Tip

Make sure to keep your knee straight throughout the stretch and perform it in a slow and controlled manner.

STEP 1



STEP 2



Heel Raises with Unilateral Counter Support

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Phase 2

Setup

Begin in a standing upright position with one hand resting on a counter in front of you.

Movement

Slowly raise your heels off the ground, hold briefly, then lower them back down and repeat.

Tip

Make sure to maintain an upright posture and use the counter to balance as needed. Do not let your ankles rotate inward or outward.

STEP 1



STEP 2



Isometric Heel Raise at Wall with Swiss Ball

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Phase 2

Setup

Begin leaning against a wall with your arms and chest resting on a swiss ball.

Movement

Slowly raise your heels off the ground onto your toes and hold that position.

Tip

Make sure to keep your back straight and maintain your balance during the exercise.

STEP 1



STEP 2



Big toe mobilization

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Phase 2

Setup

Begin sitting upright with your toes on top of a roller.

Movement

Gently roll your foot backward over the roller until you feel a gentle stretch in your big toe. Hold, then relax and repeat.

Tip

Make sure to use enough pressure so you feel a stretch but not pain.

STEP 1



STEP 2



Seated Figure 4 Ankle Inversion with Resistance

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Phases 2 and 3

Setup

Begin sitting upright with one ankle resting on your opposite thigh and a resistance band around that foot. The band should be anchored under your other foot on the floor.

Movement

Bend your foot away from your body, then rotate your foot by lifting your toes up toward the ceiling, pulling against the resistance. Slowly return to the starting position and repeat.

Tip

Make sure to keep your back straight during the exercise.

STEP 1



STEP 2



Heel Walking

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Phase 3

Setup

Begin in a standing upright position.

Movement

Lift your toes off the ground. Keeping your toes raised, walk forward on your heels.

Tip

Make sure to maintain your balance and keep your back straight as you walk.

STEP 1



STEP 2



Toe Walking

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Phase 3

Setup

Begin standing in a long open flat space.

Movement

Lift your heels off the ground and walk forward on your toes.

Tip

Make sure to maintain your balance and keep your back straight as you walk.

STEP 1



STEP 2



Standing Eccentric Heel Raise

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Phase 3

Setup

Begin in a standing upright position, holding onto a chair for support, with both feet on the ground.

Movement

Raise up onto your toes. Lift one leg off the floor, then slowly lower your heel to the floor. Repeat this motion.

Tip

Make sure that the single leg lowering movement is performed slowly. Try not to let your knee bend as you lower your heel.

STEP 1



STEP 2



Half Kneel Ankle Dorsiflexion Self-Mobilization

REPS: 10 | HOLD: 10S | DAILY: 1 | WEEKLY: 7

Phase 3

Setup

Begin in a crouched position with the top of one foot flat on the floor and your other leg supporting your body.

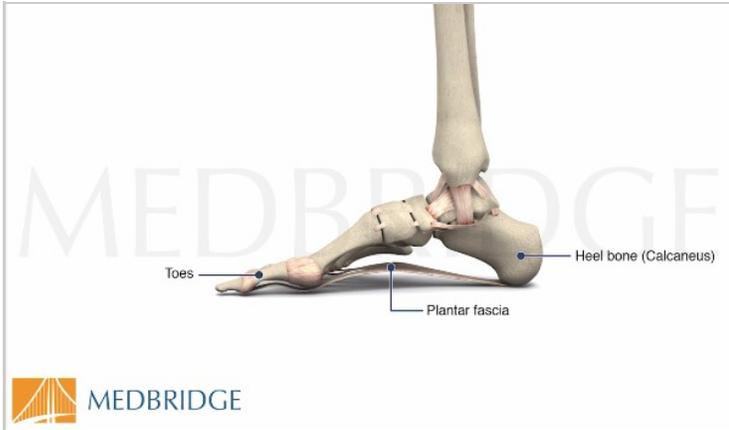
Movement

Slowly shift your weight forward over your knee until you feel a gentle stretch in your foot.

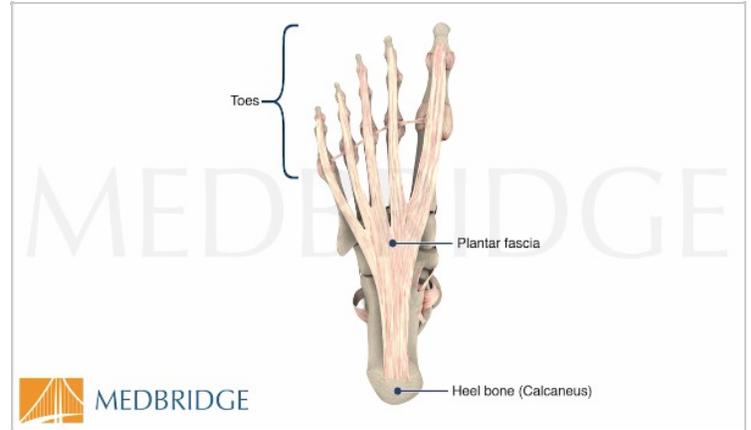
Tip

Make sure to keep your back straight during the exercise and maintain your balance.

Plantar Fasciitis



Inner Right Foot: Bones and Tissue



Bottom of Right Foot: Bones and Tissue



Bottom of Right Foot: Inflamed Tissue

Plantar fasciitis is a painful condition that affects the bottom of your foot. The foot is made up of 26 bones, with many strong tissues holding them together. The plantar fascia is a thick tissue that connects the heel bone (calcaneus) to the base of the toes on the bottom of the foot. The plantar fascia supports the arch of the foot and becomes stretched or tensed when the ankle bends upward or flexes.

On the bottom of the foot, the plantar fascia extends from the heel to the toes. The plantar fascia and its attachments can become painful and inflamed. Repeated, small tears in the fascia can lead to pain and difficulty completing activities that involve putting pressure on the feet.

Starting a new fitness program or having a job that requires standing for long periods of time can also lead to plantar fasciitis. Heel pain and plantar fascia irritation can also be caused by having tight calf muscles, being overweight, or by having a high arch in the bottom of the foot.

When the plantar fascia is irritated, the most common problem is pain on the bottom of the foot, especially near the heel. Pain may be worsened with increased activity such as walking, especially

first thing in the morning when getting out of bed. While you are recovering from plantar fasciitis, you may need to change your activities and complete a home program that your therapist creates for you. Chronic plantar fasciitis, if left untreated, can lead to changes in the way a person walks, possibly resulting in pain in other joints such as the knee or the back.