

Fasciitis Fighter

Heel Pain & Plantar Fasciitis Strength Program: West Lakes Physio

The **Fasciitis Fighter** reduces heel pain by strengthening the foot and calf while placing controlled tension through the plantar fascia. This program is based on clinical research showing **better pain and function outcomes than stretching alone** when performed consistently. Lifting the big toe increases plantar fascia loading more effectively than flat calf raises.

When to Start

Begin using the Fasciitis Fighter once you can perform **double-leg calf raises on a flat surface** without heel pain lasting longer than **5 minutes** after completing **3 sets of 12**.

How to Perform the Exercise

1. Place the **ball of your foot** on the Fasciitis Fighter so your **toes are lifted**.
2. Start with your **heel on the floor**.
3. Slowly **lift your heel over 3 seconds**.
4. **Hold 2 seconds** at the top.
5. **Lower slowly over 3 seconds**.
6. Use a wall or chair for balance if needed.

➡ **Slow, controlled movement is essential.**

How Often

- Perform **every second day**

Progression Plan

- **Weeks 0–2:**
3 sets × 12 reps
- **Weeks 2–6:**
4 sets × 10 reps
- **After 6 weeks:**
5 sets × 8 reps

Two Legs → One Leg

Phase 1 – Double Leg

- Injured foot on the foam and load the injured foot as much as tolerated

Phase 2 – Single Leg

- Progress if pain is **≤ 4/10** and settles within **5–10 minutes after completing the exercises**
- Reduce load back to previous level if pain exceeds this or lingers or is worse the next morning.

Adding Resistance

- Add weight gradually using a **backpack with books**.
- Increase load only if pain remains tolerable, Mild discomfort is OK — **sharp pain is not**

Helpful Tips: Massage, supportive shoes, taping and ice are useful in the acute stages. If symptoms are not settling, review with your therapist. Be consistent — improvement takes **weeks**.



Toe position to start



Phase 1- Double leg



Phase 2: Single Leg