



10 Tips For Plantar Fasciitis

1

Use A Spikey Ball

Roll your foot around a [spiky foot massage ball](#) 2-3x per day.

2

Use The Stick

Roll out your calves daily with "[The Stick](#)."

3

Frozen Water Bottle

Roll your foot on a frozen water bottle.

4

Calf Stretches

Do calf stretches on an incline. [Watch this demo.](#)

5

Do Heel Raises

Stand on the edge of a step and raise up onto your toes. Lift one leg and lower down slowly. [Watch a demo.](#)

6

Self Massage

Massage the bottom of your foot.

7

Kinesiotape

[Kinesiotape](#) the bottom of your foot.

8

Use Correct Toes

These toe spreaders stretch out your plantar fascia. [Learn more.](#)

9

Try KURU Shoes

[Kuru shoes](#) have a patented design to hug your heel.

10

Wear Good Shoes

Wear a shoe with good arch support.