

Morton's Neuroma Rehabilitation Exercises

Plantar Fascia Stretch

Hold your toes on the affected side and stretch them toward your shin bone. You should feel a stretching sensation across the plantar fascia (the bottom of your foot). The stretch should be a mild, but no more than moderate, discomfort. Perform the stretch frequently throughout the day, especially upon waking in the morning and before standing up. Stretch after prolonged sitting. This stretch is more effective with your shoes off. Hold for 30 seconds, and 3 repetitions per side.



Foot Intrinsic Muscle Strengthening

Lay a small towel flat on the floor. A slick non-carpeted floor tends to work best. Try to grab and crinkle the towel by using your toes. Be sure to extend the toes and 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 good 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.

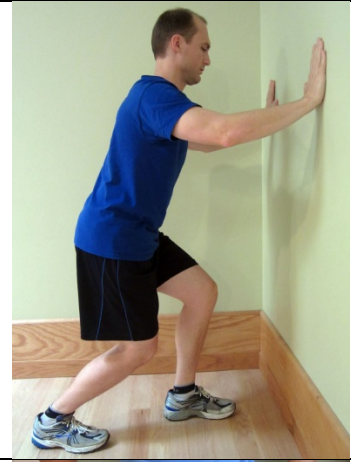


Calf Stretch – Soleus

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

Hold for 30 seconds, and 3 repetitions per side.

