

# Plantar Fasciitis: Morning Reset



**Created By:** Dr. Cox at Life Aligned Wellness Center

## Before You Start

**Do this:** First thing in the morning, or after long sitting.

**You'll need:** A wall or sturdy chair.

**Keep it gentle:** Everything should feel easy and controlled. No sharp pain.

## Top Aggravators to Reduce Now

- Big spikes in daily steps or standing time
- Aggressive plantar fascia stretching
- Walking barefoot on hard floors for long periods
- Unsupportive or worn-out shoes
- Pushing through sharp morning pain

## Flare-Day Protocol

- Reduce steps and high-irritation activities
- Wear supportive shoes; avoid barefoot walking
- Gentle ankle pumps and light walking only
- Ice for 10 minutes if it feels helpful
- Resume normal progression once pain settles

## Red Flags — Seek Urgent Care

- Sudden trauma with inability to bear weight
- Progressive weakness or significant numbness
- Fever, redness, heat, or unexplained swelling

## When to stop

Stop and reach out if you get sharp pain, numbness/tingling, or symptoms that worsen day to day.

## 3 Starter Exercises

**Short-foot:** 3 × 10 slow reps, once daily

**Seated calf raises:** 3 × 12–15 reps, every other day

**Ankle dorsiflexion rocks:** 2 × 15 reps per side, daily

*(Low-load, movement-first, capacity-building – consistent with your model.)*

## Morning Reset Sequence (5 minutes)

**1 minute:** gentle walking around your home

*(do not stretch the plantar fascia)*

**1 minute:** slow ankle pumps (20–30 reps per side)

**1 minute:** light calf mobilization against a wall or chair

**1 minute:** “short-foot” activation

*(gently lift your arch without curling toes)*

**1 minute:** easy, pain-modulated walking before starting your day

## Quick Form Cues

- Ankle pumps: slow, full range, no bouncing.
- Calf mobilization: keep heel down, gentle lean, stop before pain.
- Short-foot: think “lift the arch” not “curl the toes.”

*(These can be icon-callouts so it stays skimmable.)*

## Book with Dr. Cox



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