

## PLANTAR FASCIA BALL ROLLING

AIM: to articulate the joints in the foot and relax the muscles of the foot



**STARTING POSITION:** Standing on a hard floor, holding on to a counter or wall for support

**STEP 1:** Place your foot on the massage ball and squash it as you roll the ball from your toes to your heel. Repeat 7 times, relaxing the foot as you roll.



**STEP 2:** At the mid-foot, stand on the ball taking your weight from one foot to the other. Focus on trying to touch the heel and toes to the floor. Repeat 7 times.

**STEP 3:** Repeat where the toes meet the foot, trying to connect the mid-foot to the floor.



**STEP 4:** Repeat at the heel, connecting mid-foot to the floor.

**STEP 5:** Finish by rolling through the foot again from toes to heel.

### Exercise Disclaimer

It is recommended that our exercises be carried out in conjunction with a personally prescribed treatment plan created by Tara Northey Osteopathy. If these exercises are used without professional guidance then it is at own risk.

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