



Leveraged Plantar Release

This is a powerful method to reach into the plantar fascia, ankle joints, and calf musculature and fascia. Once you've released the calf, interlock your fingers in front of the ankle and traction the leg/ankle. With your knee on a low stool, place the knee into the plantar surface of the foot and gently apply downward pressure toward the floor while adding a bit of dorsiflexion. This starting point can take you to many different areas. If the pull on the front of the ankle is too much for your client, lighten up a bit. With a sustained release, you can release the plantar fascia, ankle joints, and calf fascia and muscles. As always, spend some time with this technique. It has proven invaluable for resolving plantar fasciitis as well as related problems.

Disclaimer: All of the information provided above is intended for use by a qualified health care professional. Please do not attempt these techniques yourself without proper instruction.