

## **Strengthening Your Feet to Prevent Plantar Fasciitis from Coming Back.**

The strengthening exercise most podiatrists recommend for strengthening the foot is the Janda Short Foot Exercise or “Doming”.

1. Start by sitting with your foot flat on the floor.
2. Raise the arch of your foot by sliding the toes backward and contracting the muscles in the middle to back part of the arch. Do not raise the ball of the foot. It should remain in contact with the floor.
3. Hold for 5-8 sec and repeat 10x each foot.

Incorporate into standing and try doming with two feet. Then try standing and doming on one foot.