

Summary: I always suggest calf training in most of my programming to strengthen the heel cord, improve balance, and to strengthen the arch of the foot. Specifically I recommend different types of calf raises. The Single Leg Calf Raises with Toes under Towel modification of the calf raise exercise is great at improving outcomes if someone has plantar fasciitis. If you are active person or a runner this may be a great preventative exercise to do. By adding flexed toes to the calf raise the plantar aspects of the foot is strengthened in addition to the entire calf complex. Want details read on.

Single Leg Calf Raises with Toes under Towel

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Single Leg Calf Raises with Toes under Towel

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This is an intermediate exercise. This exercise is aimed at strengthening the muscles in the foot and ankle. Place a folded up towel on the floor. Place the toes against the folded edge of the towel in a flexed position. Try to have your toes flexed up as far as you can comfortably manage. Now begin to raise up onto your tip toes lifting your heel off the ground. Try to raise up onto the tip toes for a count of around 3 seconds, pause at the top for 2 seconds then slowly lower the heel back down to the ground for a count of 3 seconds. Do 3 sets of 10-20 reps. After a couple weeks perform with ball of foot off an edge. After a couple weeks perform on one leg. After a couple weeks perform with weight in hand ([video](#)).



If you are active person or a runner you may of developed Plantar fasciitis. It can be debilitating especially upon waking. Unfortunately there is not great evidence for the best treatment strategy. I always say do not let an injury happen by staying strong and resilient through a variety of exercises and motions. I always suggest calf training in most of my programing to strengthen the heel cord, improve balance, and to strengthen the arch of the foot. Unfortunately many people do not condition their body for sport and for that matter life. This simple calf raises modification exercise really works. By adding flexed toes to the calf raise the plantar aspects of the foot is strengthened. According to research it works ([Study](#)). Most previous treatment studies on plantar fasciitis have used a combination of orthotics, plantar specific stretching or similar non-exercise intervention. These interventions have proven successful to some degree and are superior to placebo treatment. However a large proportion of patients still have symptoms two years after the initial diagnosis. This exercise might help people push pass that pain since recent research suggest that tendon types tissues (tendonopathy) respond well to high-load strength training. **For those who like details:** The approach exploits the windlass mechanism during single-leg calf-raises by using a towel to dorsal flex the toes. In theory, the windlass-mechanism would cause a tightening of the plantar fascia during dorsal flexion of the metatarsophalangeal joints while high-loading of the Achilles tendon is transferred to the plantar fascia because of their close anatomical connection. Plantar fasciitis is one of the most common causes of heel pain. It involves inflammation of a thick band of tissue that runs across the bottom of each foot and connects the heel bone to the toes (plantar fascia). Plantar fasciitis can be caused by a number of factors, including type of shoes, foot structure, overuse and types of walking surfaces. The main symptom of plantar fasciitis is heel pain. The prevalence in the general population is estimated to range from 3.6% to 7%, and may account for as much as 8% of all running-related injuries. The life time prevalence may be as high as 10%.