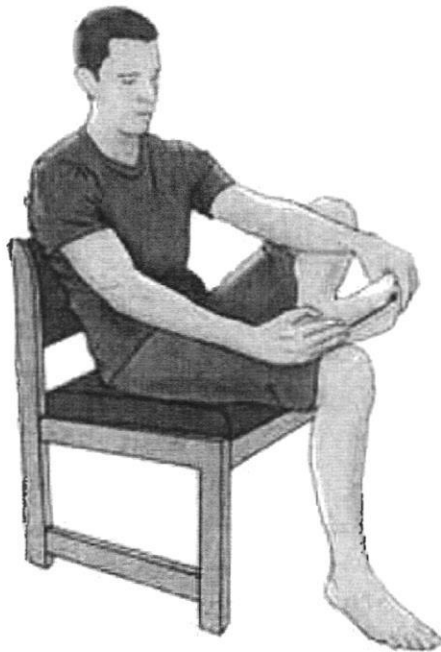


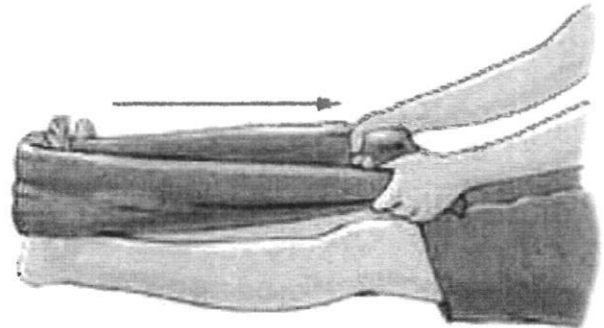


## PLANTAR FASCIITIS STRETCHING EXERCISES

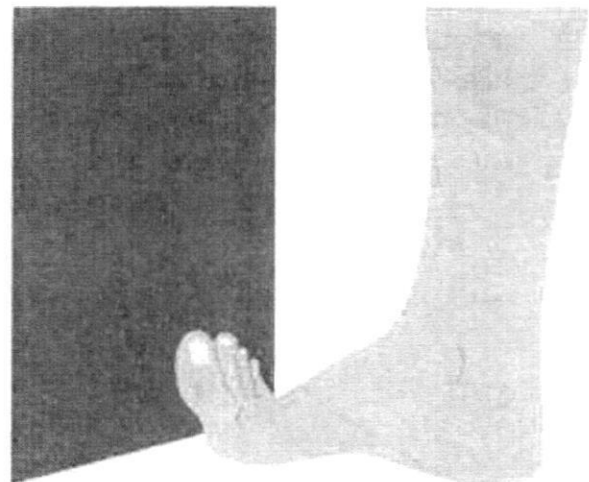
- ❑ **Plantar Fascia Massage:** Stretch the toes with the same side hand and using the thumb from the opposite side hand, apply pressure in a circular manner to any tight knots or lumps in the plantar fascia. The pressure should be deep but not so much that you tighten up with pain. Repeat 4 times a day on the affected side.



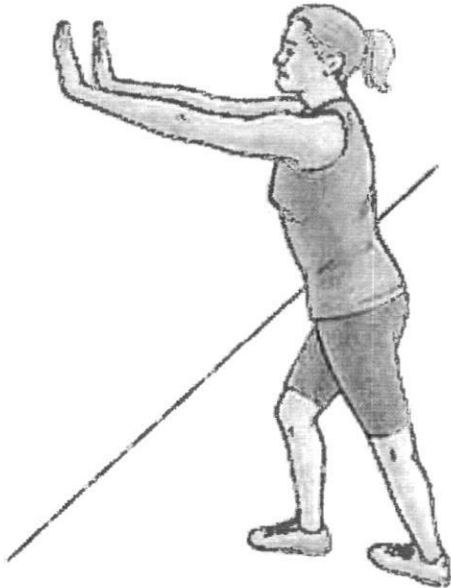
- ❑ **Towel Stretch:** Sit on the floor with your legs straight in front of you. Take a towel and place it around your toes. Gently pull the towel towards you. Hold for 15 to 30 seconds, then release. Repeat 3 times on the affected side.



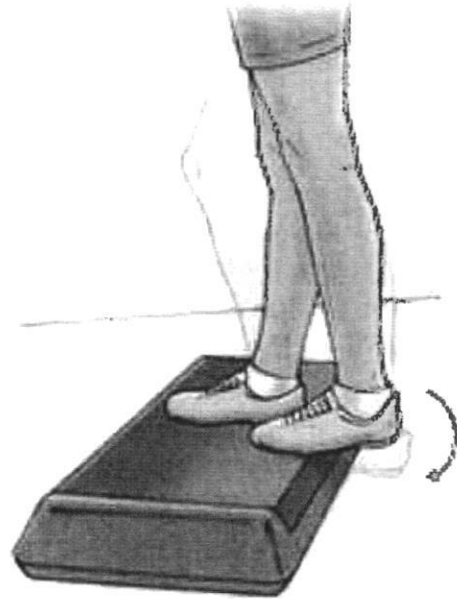
- ❑ **Toe Stretch:** Place just the toes of the affected side against a wall with the ball of the foot and heel on the ground. Lean into the wall slowly keeping your knees straight until the stretch is felt. Hold for 15 to 30 seconds and repeat 3 times.



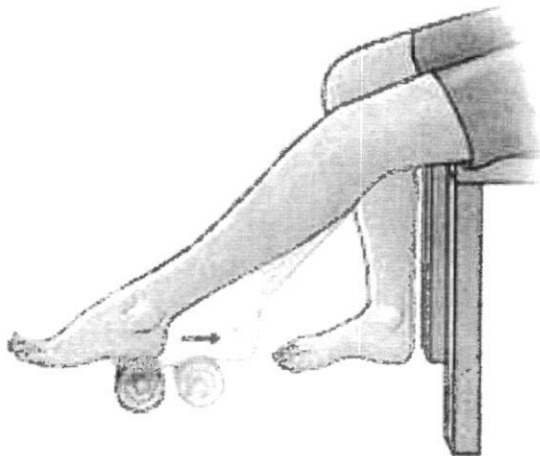
- ❑ **Standing Calf Stretch:** With both knees apart, your toes facing forward and heel on the ground; lean into the wall by bending your forward leg and keeping your backward knee straight until you feel the stretch in the lower calf. Hold for 15 to 30 seconds and repeat 3 times.



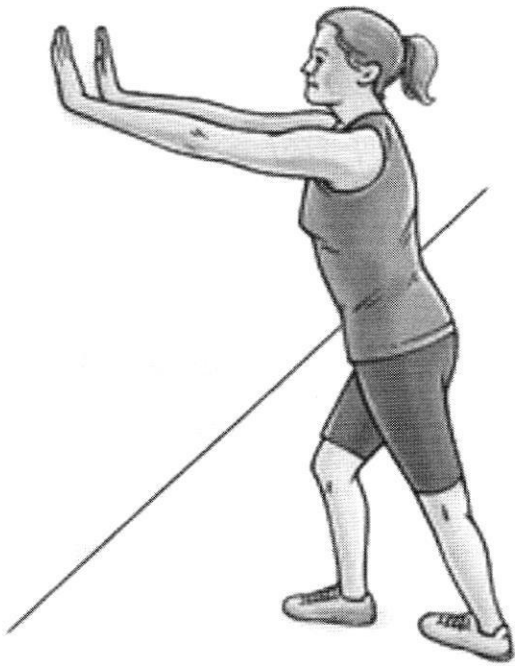
- ❑ **Achilles Stretch:** Stand with your toes on a step and hands on the edge. Slowly lower your heels down, hold for 15 seconds, and then lift your heels to the starting position. You can either do both feet at the same time or one foot at a time. Repeat 5 times.



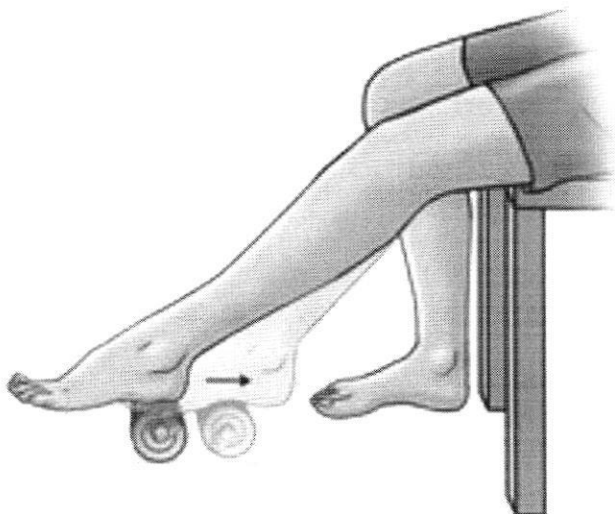
- ❑ **Roll stretch:** Using either a frozen bottle or can, roll it back and forth from your toes to your heels. This is great for a long day on your feet or to help relieve stiffness or swelling.



- ❑ **Standing Calf Stretch**: With both knees apart, your toes facing forward and heel on the ground; lean into the wall by bending your forward leg and keeping your backward knee straight until you feel the stretch in the lower calf. Hold for 15 to 30 seconds and repeat 3 times.



- ❑ **Roll stretch**: Using either a frozen bottle or can, roll it back and forth from your toes to your heels. This is great for a long day on your feet or to help relieve stiffness or swelling.



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