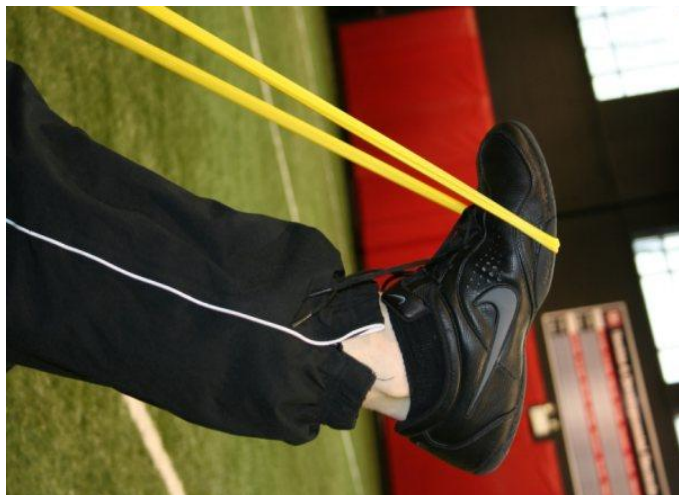
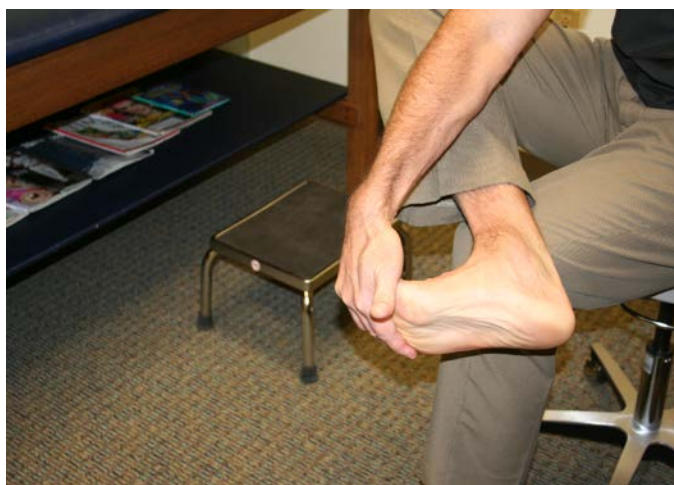


## Achilles and Plantar Fascia Stretching Program



### Towel/Band Stretching

May use a towel or band & shoes may be on or off. The knee is locked straight and the foot is pulled toward the head. Hold the stretch for 1 minute, relax for 30s and repeat 5 times; do twice daily



### Plantar Fascia Stretch

This exercise is done barefoot and best done before stepping out of bed in the morning, but can also be done a few times during the day. Cross the leg and place the affected foot upon the opposite knee. Place your hand on the ball of the foot & flex the foot toward your head as far as it will go while sliding the hand to the toes and flex them toward the head.

The goal is to learn to hold this stretch for three consecutive minutes.



### One-Legged Stair Stretch

This exercise must be done wearing shoes. Place the ball of the foot on the edge of the stair and use the railing to balance if necessary. Allow gravity and your body weight to take the heel down to floor as far as possible.

#### **DO NOT RAISE YOUR CALF OR BOUNCE!**

The goal is to be able to hold this stretch for 3-4 minutes continuously. This will take a number of weeks to achieve.

**STRETCHES SHOULD NOT CAUSE PAIN.  
WHEN YOU GET TO THE POINT WHERE THE  
STRETCH BECOMES PAINFUL STOP!**