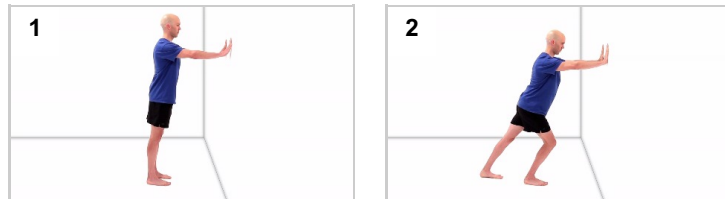


Gastroc Stretch on Wall

SETS: 2	HOLD: 30 SECONDS	DAILY: 2	WEEKLY: 7
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Setup

Begin in a standing upright position in front of a wall.

Movement

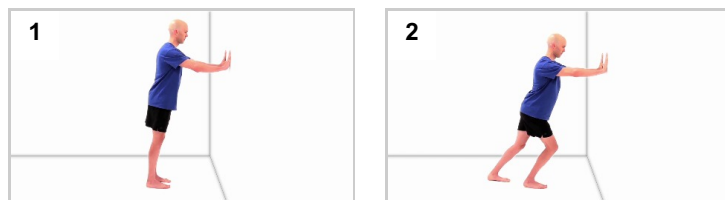
Place your hands on the wall and extend one leg straight backward, bending your front leg, until you feel a stretch in the calf of your back leg and hold.

Tip

Make sure to keep your heels on the ground and back knee straight during the stretch.

Soleus Stretch on Wall

SETS: 2	HOLD: 30 SECONDS	DAILY: 2	WEEKLY: 7
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Setup

Begin in a standing upright position in front of a wall.

Movement

Place your hands on the wall and extend one leg backward with your knee bent. Lean forward into the wall, until you feel a stretch in your lower calf and hold.

Tip

Make sure to keep your heels on the ground and back knee bent during the stretch.

Seated Plantar Fascia Stretch

SETS: 2	HOLD: 30	DAILY: 2	WEEKLY: 7
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Setup

Begin sitting in a chair with one leg crossed over your other knee. Use one hand to hold your ankle, and the other to hold your toes.

Movement

Gently pull your toes backward until you feel a stretch in the bottom of your foot and hold.

Tip

Make sure to keep the stretch slow and controlled.

Plantar Fascia Stretch on Step

SETS: 2	HOLD: 30 SECONDS	DAILY: 2	WEEKLY: 7
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Setup

Begin standing with both feet on a step, with one heel resting off the edge with just your toes on the step.

Movement

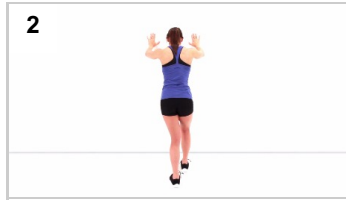
Push your heel down until you feel a stretch in the arch of your foot.

Tip

Make sure to perform the movement in a slow and controlled manner.

Tibialis Posterior Stretch at Wall

SETS: 2	HOLD: 30 SECONDS	DAILY: 2	WEEKLY: 7
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Setup

Begin in a staggered stance position with your hands resting in front of you on a wall.

Movement

Bend your back knee forward and inward, hold this position. You should feel a stretch on the inside of your lower leg.

Tip

Make sure to keep your back straight and hips facing forward during the exercise.

Downward Dog

SETS: 2	HOLD: 30	DAILY: 2	WEEKLY: 7
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Setup

Begin on all fours.

Movement

Prop your feet up on your toes, then push your body up into an inverted V position with your elbows and knees straight. Hold this position, feeling a stretch through your back and legs.

Tip

Make sure to keep your shoulders down, as well as your hands and feet flat on the floor during the stretch.

Squatting Ankle Dorsiflexion with Table

SETS: 2

HOLD: 30

DAILY: 2

WEEKLY: 7



Setup

Begin in a squatting position holding onto a stationary object in front of your body with both hands.

Movement

Slowly lean your body forward, bending at your ankles until you feel a stretch in the back of your calf.

Tip

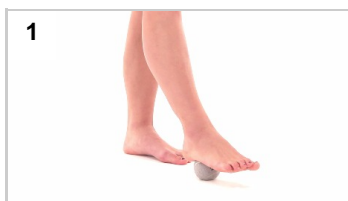
Make sure to keep your heels on the ground during the exercise.

Standing Plantar Fascia Mobilization with Small Ball

HOLD: 2 MINUTE

DAILY: 1

WEEKLY: 7



Setup

Begin in a standing upright position with your foot resting on a small ball.

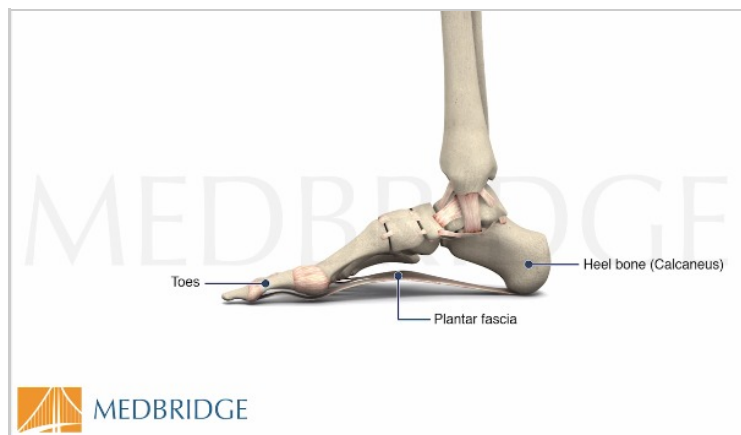
Movement

Gently roll the middle of your foot forward and backward over the ball, in between the ball of your foot and your heel.

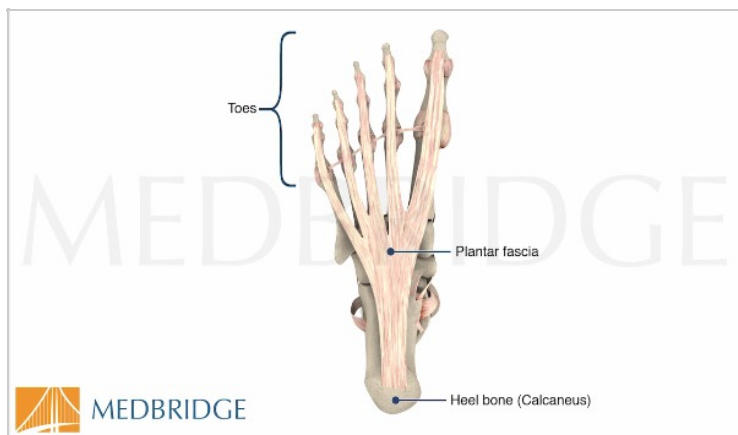
Tip

Make sure to use just enough pressure that you feel a stretch but no pain.

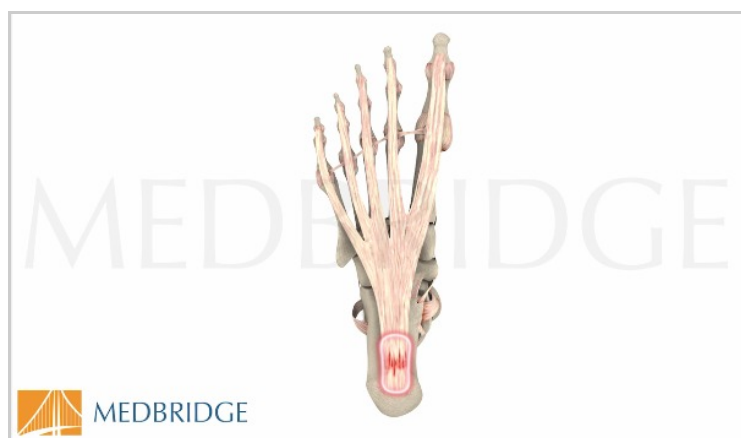
Plantar Fasciitis



Inner Right Foot: Bones and Tissue



Bottom of Right Foot: Bones and Tissue



Bottom of Right Foot: Inflamed Tissue

Plantar fasciitis is a painful condition that affects the bottom of your foot. The foot is made up of 26 bones, with many strong tissues holding them together. The plantar fascia is a thick tissue that connects the heel bone (calcaneus) to the base of the toes on the bottom of the foot. The plantar fascia supports the arch of the foot and becomes stretched or tensed when the ankle bends upward or flexes.

On the bottom of the foot, the plantar fascia extends from the heel to the toes. The plantar fascia and its attachments can become painful and inflamed. Repeated, small tears in the fascia can lead to pain and difficulty completing activities that involve putting pressure on the feet.

Starting a new fitness program or having a job that requires standing for long periods of time can also lead to plantar fasciitis. Heel pain and plantar fascia irritation can also be caused by having tight calf muscles, being overweight, or by having a high arch in the bottom of the foot.

When the plantar fascia is irritated, the most common problem is pain on the bottom of the foot, especially near the heel. Pain may be worsened with increased activity such as walking, especially

first thing in the morning when getting out of bed. While you are recovering from plantar fasciitis, you may need to change your activities and complete a home program that your therapist creates for you. Chronic plantar fasciitis, if left untreated, can lead to changes in the way a person walks, possibly resulting in pain in other joints such as the knee or the back.