

**Stretching: Plantar Fasciitis**

**1A) *Straight Leg Calf Stretch* > 20 seconds > each leg (See image W1:1A)**

This stretch targets the gastrocnemius muscle in your calf.

As your plantar fascia begins to heal and the pain diminishes, you can deepen this stretch by performing it with both legs slightly bent. Done this way, the stretch loosens the soleus muscle in the lower calf.

Stand an arm's length from a wall.

Place your right foot behind your left.

Slowly and gently bend your left leg forward.

Keep your right knee straight and your right heel on the ground.

Hold the stretch for 20 seconds and release. Repeat three times.

Reverse the position of your legs and repeat.

**1B) *Plantar Fascia Stretch* > 20 seconds > each leg (See image W1:1B)**

Stand with ball of foot on a step or stair.

Reach for bottom step with the heel, until a stretch is felt within the arch of foot.

Hold the stretch for 20 seconds and release. Repeat 3 times.

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**2A) *Towel Stretch* > 20 seconds > each leg (See image W1:2A)**

Grab a towel and roll it up. Sit on a hard surface with your leg stretched out in front of you. Place the rolled the towel around the ball of your foot, then pull the towel inwards toward you. Make sure your knees are straight when pulling the towel in towards you.

The position should be held for 20 seconds. Repeat 3 times.

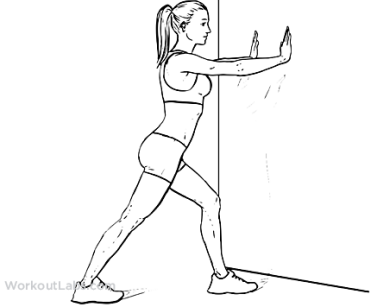



**2B) *Frozen Can Roll* > 3-5 minutes (See image W1:2B)**

You can use a frozen water bottle or a frozen can for this stretch.

Place the bare injured foot on the frozen water bottle or frozen can. Roll the heel to the arch in the frontward and backward motions on the bottle or can.

This stretch should be repeated 3-5 minutes.

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Stretch	Picture	Stretch	Picture
<b>W1:1A</b>		<b>W1:1B</b>	<p data-bbox="997 527 1192 548"><b>Plantar Fascia Stretch</b></p> <p data-bbox="997 558 1192 632">Standing with ball of foot on stair, reach for bottom step with the heel until a stretch is felt along arch of foot.</p> 
W1:2A		W1:2B	 <p data-bbox="1032 1241 1312 1276"><b>Frozen can roll</b></p>