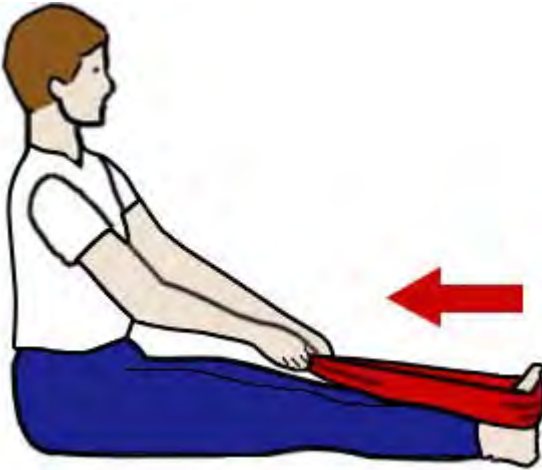


## Stretching Exercises

Routine stretching is very important to healing plantar fasciitis. Most of those affected by plantar fasciitis have decreased flexibility and tight Achilles Tendons.

### Towel Stretch

Sit on the floor with your legs stretched out in front of you. Loop a towel around the top of the injured foot. Slowly pull the towel towards to keeping your body straight. Hold for 15 to 30 seconds then relax - repeat 10 times.



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### Calf/Achilles Stretch

Stand facing a wall place your hands on the wall chest high. Move the injured heel back and with the foot flat on the floor. Move the other leg forward and slowly lean toward the wall until you feel a stretch through the calf, hold and repeat.



### **Stair Stretch**

**Stand on a step on the balls for your feet, hold the rail or wall for balance. Slow lower the heel of the injured foot to stretch the arch of your foot.**



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### **Toe Stretch**

**Sit on the floor with knee bent. Pull the toes back on the injured foot until stretch across the arch is felt. Hold and repeat.**

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### **Frozen can roll**

**Roll your bare injured foot back and forth from the tip of the toes to the heel over a frozen juice can. This is a good exercise after activity because not only stretches the plantar fascia but provides cold therapy to the injured area.**

