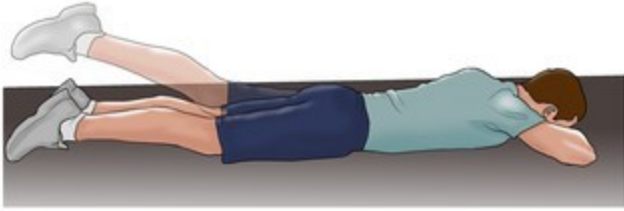


# Plantar Fasciitis Rehabilitation Exercises



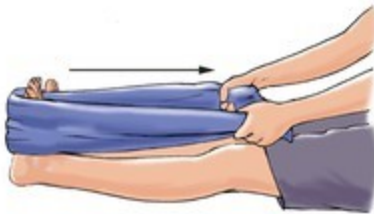
Prone hip extension



Side-lying leg lift



Frozen can roll



Towel stretch



Standing calf stretch



Seated plantar fascia stretch



Plantar fascia massage



Achilles stretch