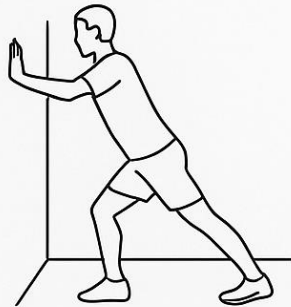


PLANTAR FASCIITIS STRETCHES

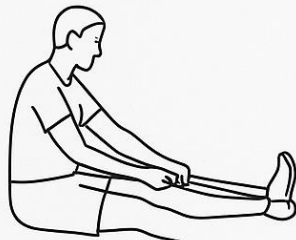


Calf Stretch

Stand with hands against a wall. Bring one leg back, keeping your knee straight and heel on floor.

Toe Stretch

Sit with one leg bent. Pull your toes back with your hand until you feel a stretch. Hold 30 seconds.



Towel Stretch

Sit with your leg straight. Loop a towel around the ball of your foot and pull it back towards you.

Plantar Fascia Stretch

Cross one foot over your knee. Grab your toes and pull them up until you feel a stretch. Hold 30 seconds

