

Plantar Fascia/Gastroc Stretch

Starting Position



Stand with your palms pressed against a wall, with your uninvolved leg bent at the knee. Your involved leg should be straight, behind the bent leg.

1. Slowly move the involved leg backward until a stretch is felt in your calf.
2. Hold the stretch for 30 seconds.
3. Repeat three (3) times.
4. Perform stretch five (5) times a day.

Plantar Fascia/Achilles Tendon Stretch

Starting Position

Sit on a flat surface with your legs extended in front of you.

1. Put strap across the balls of your feet, holding one end in each hand.
2. Gently pull on the strap until a stretch is felt.
3. Hold the stretch for 30 seconds.
4. Repeat three (3) times.
5. Perform stretch five (5) times a day.

