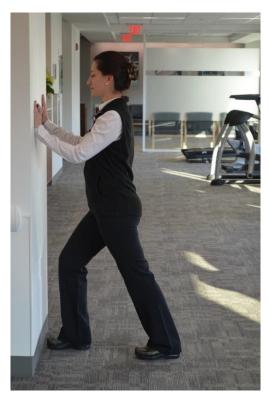


Stretching Exercises for Plantar Fasciitis

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.

