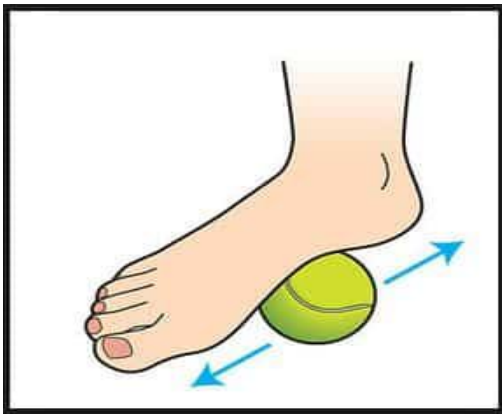




Plantar Fascia Stretches



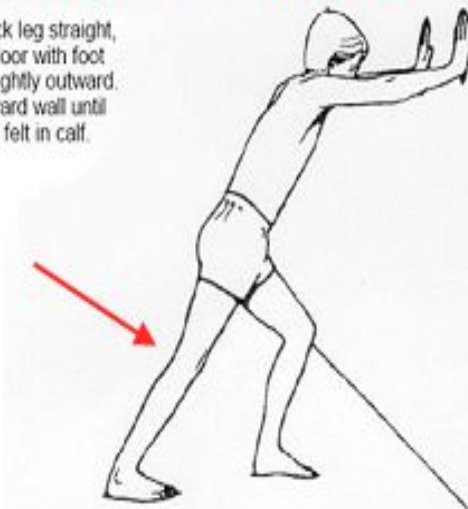
Stretch toes upwards, then press on the bottom of foot along the sore areas. Hold each point for 5-10 seconds. Increase time as pain reduces and muscle elasticity increases.
Repeat 2x daily.



Roll feet over a tennis ball or golf ball for 5 minutes. Increase weight through the foot as pain reduces.
Repeat 2x daily, or as required.

Straight Leg Stretch for Gatsroc

Keep back leg straight, heel on floor with foot turned slightly outward. Lean toward wall until stretch is felt in calf.



Bent Knee Stretch for Soleus

Stand with both knees bent, and involved foot back. Gently lean into wall until stretch is felt in calf.



Hold Gastroc and Soleus stretches for 10 seconds. Repeat 3x each leg, 2x daily.