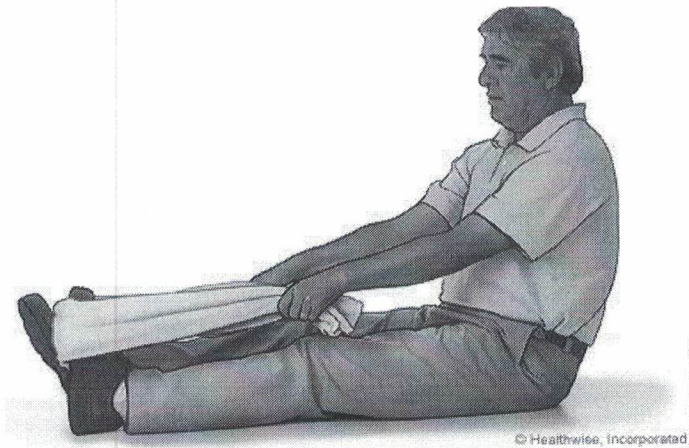


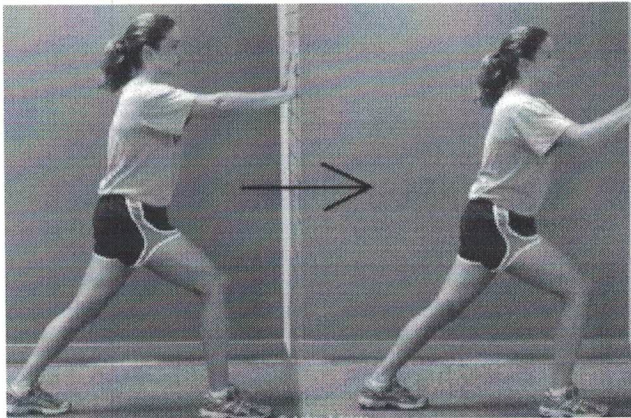
# STRETCHING EXERCISES

## THERABAND OR TOWEL STRETCHING:



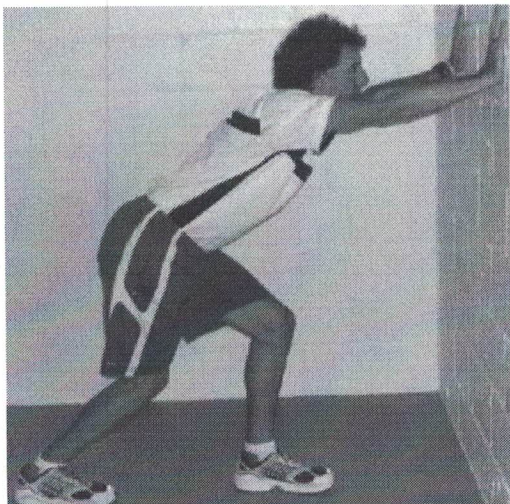
This exercise is performed with an elastic band called Theraband or a towel. The band is looped over the toes/ ball of foot and with the knee straight the foot is pulled up toward your head. Always stretch to tension and just a little discomfort. You should never produce pain when you are doing any of these stretches. Hold the stretch for 30 seconds and then relax. Repeat 3 times, in the morning and night

## STRAIGHT-KNEE CALF-STRETCHING:



This exercise is performed standing facing a wall or sturdy object, about one arms length. The foot to be stretched is positioned in back of the non-painful extremity with your toes pointing directly ahead. Keeping your toes pointed forward, lean toward the wall by bending your forward leg. You should feel a stretch in the calf muscle. Hold for 15 seconds and then relax. Repeat 6 times, and perform this exercise morning and night.

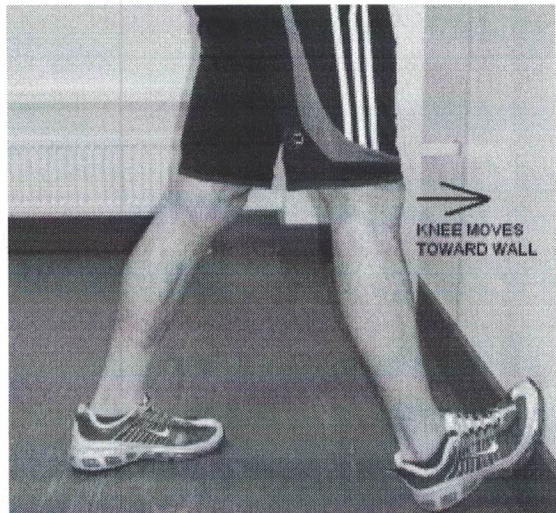
## BENT-KNEE CALF-STRETCHING:



This exercise is exactly like the “Straight-Knee Calf-Stretching” exercise, except both knees should be bent as you lean forward. This produces a lower stretch on the Achilles Tendon. You may need to bring the painful foot forward somewhat, but should still be located behind the non-painful extremity. This time hold for 30 seconds and repeat 3 times. Once again do this morning and night.

# STRETCHING EXERCISES

## **PLANTAR FASCIA STRETCHING:**



This exercise focuses directly on the plantar fascia and is performed facing a wall or another sturdy object. Put the toes of the painful foot on the wall as high up as you can while still keeping your heel on the floor. Slowly try to bring your knee forward to try and touch the wall. If you are able to touch the wall you did not get your toes high enough up on the wall. This is a very aggressive stretch and can hurt your Achilles tendon if done too vigorously, so remember no pain. By using the wall to bend back your toes, the slips of the fascia are stretched and a good pulling sensation is felt in the arch of the foot. Three sets of 30 second stretches once a day are recommended.

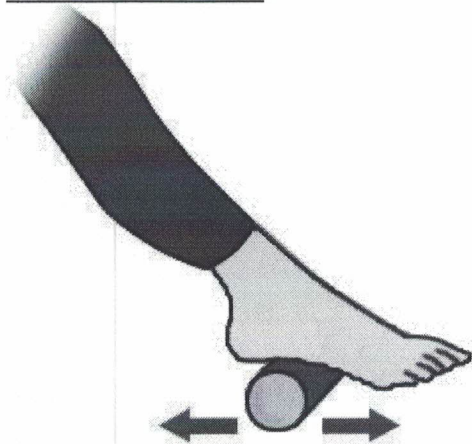
## **STAIR STRETCH:**



For a more aggressive stretch you can use your body weight to stretch the tendon. Stand with your ball of your foot on the ledge of a step. With your hand on a railing or wall gently lower your full weight onto the floor below while keep the front of the foot on the ledge. Hold the stretch for 15 seconds and repeat 3 times. This exercise can be done 1-3 times a day.

## *COLD THERAPY*

## **ICING THE FOOT:**



Icing the foot helps calm down inflammation, and reduces pain. We suggest putting a Poland Spring water bottle in the freezer. Once frozen, you should role it on the arch for about 20 minutes, twice a da