

**BIG TOE AND PLANTAR FASCIA STRETCH**

While seated, place your affected ankle on top of your other leg.

Then grab your toes and bend them back into extension as shown. Hold for a gentle stretch to your toes and sole of the foot (plantar fascia).

Video # VVMZZ7PM7

**Repeat** 2 Times  
**Hold** 15 Seconds  
**Complete** 1 Set  
**Perform** 3 Times a Day

**FROZEN BOTTLE ROLL - PLANTAR FASCIA**

Place foot on plastic frozen water bottle. Roll frozen water bottle from the ball of your foot to the heel along the arch.

Video # VVTXPMAEA

**Duration** 30 Seconds  
**Complete** 2 Sets  
**Perform** 2 Times a Day

**BALL STM - PLANTAR FASCIA**

While seated, place a small ball under the arch of your foot and press into it while rolling it around.

Use this form of self-soft tissue massage technique for the arch of the foot.

Video # VVL4SK43G

**Repeat** 1 Time  
**Hold** 15 Seconds  
**Complete** 1 Set  
**Perform** 1 Times a Day



### STANDING CALF STRETCH - GASTROCNEMIUS

Start by standing in front of a wall or other sturdy object. Step forward with one foot and maintain your toes on both feet to be pointed straight forward. Keep the leg behind you with a straight knee during the stretch.

Lean forward towards the wall and support yourself with your arms as you allow your front knee to bend until a gentle stretch is felt along the back of your leg that is most behind you.

Move closer or further away from the wall to control the stretch of the back leg. Also you can adjust the bend of the front knee to control the stretch as well.

Video # VVNCZDYGG

**Repeat** 1 Time  
**Hold** 15 Seconds  
**Complete** 10 Sets  
**Perform** 3 Times a Day



### STANDING CALF STRETCH - SOLEUS

Start by standing in front of a wall or other sturdy object. Step forward with one foot and maintain your toes on both feet to be pointed straight forward. Keep the leg behind you with a bent knee during the stretch.

Lean forward towards the wall and support yourself with your arms as you allow your front knee to bend until a gentle stretch is felt along the back of your leg that is most behind you.

Move closer or further away from the wall to control the stretch of the back leg. Also you can adjust the bend of the front knee to control the stretch as well.

Video # VVGUVSTYG

**Repeat** 1 Time  
**Hold** 15 Seconds  
**Complete** 2 Sets  
**Perform** 3 Times a Day



### CALF STRETCH WITH TOWEL - GASTROCNEMIUS

While in a seated position, place a towel around the ball of your foot and pull your ankle back until a stretch is felt on your calf area.

Keep your knee in a straightened position during the stretch.

Video # VVGU5LGMB

**Repeat** 1 Time  
**Hold** 15 Seconds  
**Complete** 1 Set  
**Perform** 3 Times a Day



### CALF STRETCH WITH TOWEL - SOLEUS

While in a seated position, place a towel around the ball of your foot and pull your ankle back until a stretch is felt on your calf area.

Keep your knee in a bent position during the stretch.

Video # VVTF7SX92

**Repeat** 1 Time  
**Hold** 1 Second  
**Complete** 1 Set  
**Perform** 1 Times a Day



### HEEL RAISES - CALF RAISES - STANDING - BILATERAL

While standing, raise up on your toes as you lift your heels off the ground.

Video # VV446LPRP

**Repeat** 1 Time  
**Hold** 1 Second  
**Complete** 10 Sets  
**Perform** 3 Times a Day



### TOES RAISES - STANDING - BILATERAL

In a standing position with your feet on the ground, raise up your forefoot and toes as you bend at your ankle.

Video # VV4E3UP3V

**Repeat** 1 Time  
**Hold** 1 Second  
**Complete** 10 Sets  
**Perform** 1 Times a Day



### **TOES RAISES - DORSIFLEXION - BILATERAL**

Start with your feet on the ground.

Next, raise up both forefeet and toes as shown as you bend at your ankle. Keep your heels on the ground the entire time.

Video # VV9MYLXDN

**Repeat** 1 Time  
**Hold** 1 Second  
**Complete** 10 Sets  
**Perform** 3 Times a Day



### **HEEL RAISE - CALF RAISE - BILATERAL**

Start with your entire foot on the ground.

Next, raise up your heels as you press your toes down. Keep your toes on the ground the entire time.

Video # VV2NR3769

**Repeat** 1 Time  
**Hold** 1 Second  
**Complete** 1 Set  
**Perform** 3 Times a Day



### **Plantar Fascia Stretch off of Step**

Stand on the bottom step with the toes of the involved foot on the step. Let your heel sink into pain.

**Repeat** 3 Times  
**Hold** 1 Minute  
**Complete** 2 Sets  
**Perform** 2 Times a Day

