

1



Plantar Fascia Stretch

Wedge toes against wall with foot at about 45 degrees from the floor with the toes extended until you feel a stretch in the bottom of your foot.

OR #1 OR #3

Repeat 3 Times
Hold 20 Seconds
Perform 4 Time(s) a Day

5



STANDING CALF STRETCH - SOLEUS

While standing and leaning against a wall, place one foot back behind you and bend the front knee until a gentle stretch is felt on the back of the lower leg. Now gently bend your back knee until a stretch is felt in your Achilles tendon.

Repeat 3 Times
Hold 20 Seconds
Perform 3 Time(s) a Day

2



CALF STRETCH WITH TOWEL

While in a seated position, place a towel under your leg, wrap it up and around your foot and grab it with your hands. Sit up straight and pull the towel towards you. You should feel a stretch in the bottom of your foot, your calf, and your hamstring.

Repeat 3 Times
Hold 20 Seconds
Perform 3 Time(s) a Day

6



SEATED HAMSTRING STRETCH

Most of the time the hamstrings are tight in addition to the calves and plantar fascia.

While seated, rest your heel on the floor with your knee straight and gently lean forward until a stretch is felt behind your knee/thigh.

Repeat 3 Times
Hold 20 Seconds
Perform 3 Time(s) a Day

3



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 below your toes until you feel a stretch and hold. Do not stretch into pain.

OR #1 OR #2

Repeat 3 Times
Hold 20 Seconds
Perform 4 Time(s) a Day

4



STANDING CALF STRETCH - GASTROC

While standing and leaning against a wall, place one foot back behind you and bend the front knee until a gentle stretch is felt on the back of the lower leg.

Repeat 3 Times
Hold 20 Seconds
Perform 3 Time(s) a Day