



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.

Your back knee should be straight the entire time.

Repeat 3 Times
Hold 30 Seconds
Perform 3 Time(s) a Day



Stair Stretch

Stand with the middle of your foot on the edge of the stairs while holding onto the railing. Slowly drop heel off until you feel a stretch in the back of your legs keeping your knees straight.

Repeat 3 Times
Hold 30 Seconds
Perform 3 Time(s) a Day



Plantar Fascia Frozen Bottle Roll

Plantar Fascia Roll

Use a frozen water bottle (plastic, no glass). In sitting or standing roll the bottom of your foot with moderate pressure. Use as much pressure as you can tolerate without discomfort.