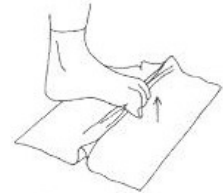


Stretching

Strengthen Foot Muscles

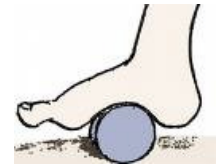
Pick up towel for 2-3 minutes at a time. Repeat 2-3 times.



Towel pickup

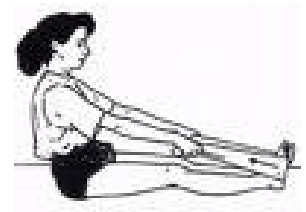
Plantar Fascia Stretch

Fill a small plastic water bottle with water and freeze. Roll bottom of foot on frozen bottle for 20 minutes. Wait 20 minutes before repeating. Repeat 2-3 times throughout the day.



Heel Cord Stretch

Sitting on the table or ground, hold your leg straight out in front of you. Loop a towel or belt around the ball of your foot, holding the ends with one hand. With knee slightly bent, steadily pull the towel or belt toward you to stretch your calf muscles. Use passive stretching using your arm muscles and relax your ankle and foot muscles. Hold for 30 seconds then relax, repeat 10-12 times, 2-3 times daily.



Achilles Stretch

Face wall, about two paces away and with one foot in front of you. Keeping both heels flat on the floor, lean forward into the wall stretching out your calf. Hold for 30 seconds then relax, repeat 10-12 times, 2-3 times daily.

