

Total 5



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 2 Times
Hold 30 Seconds
Complete 1 Set
Perform 3 Time(s) a Day



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.

Your back knee should be bent the entire time.

Repeat 2 Times
Hold 30 Seconds
Complete 1 Set
Perform 3 Time(s) a Day



Eccentric Calf Raises

Standing on both legs, raise up on your toes. When you have reached the end of your available range shift weight onto one leg and SLOWLY lower back down on single leg. Use a stable counter, chair, or wall for balance assistance. Remember to push through your big toe and do not let ankles roll out. Start with 3 sets of 10 repetitions and work up to 1-2 sets of 30 repetitions.

Repeat 10 Times
Complete 3 Sets
Perform 1 Time(s) a Day



Eccentric Toe Extension

With band wrapped around foot and toes as pictured, with band relaxed, curl toes then tighten band, slowly allow toes to straighten. Repeat. Band must be allowed to relax at each rep.

Repeat 10 Times
Complete 3 Sets
Perform 1 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. Perform for 5 minutes at a time, 4-5 times per day.