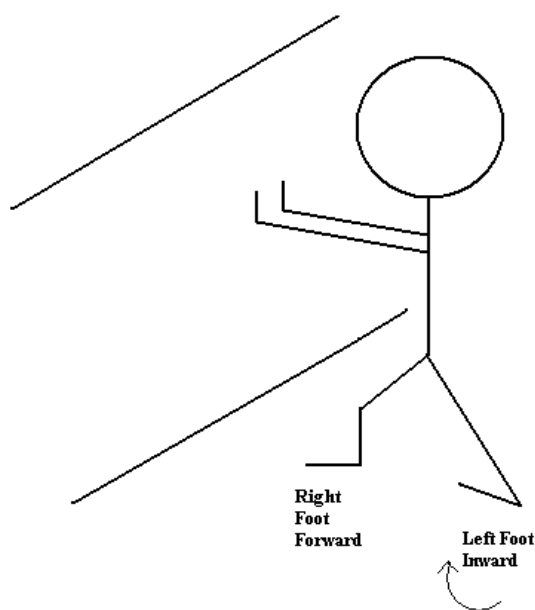


Plantar Fasciitis Stretches

Calf Stretches:

-Stand arm's length, feet shoulder width apart from the wall with hands against the wall just below eye level. Step right foot back, turning toes inward toward the left heel. Keeping the right leg straight with the heel on the floor, take a step forward with the left foot, bending at the knee. Lean into the wall. You should feel a stretch along the back of your calf. Hold this position for 30 seconds, and repeat with other foot. This is one set. Complete two sets 8-10 times a day. Begin slowly and work your way up to 8-10 sets per day to reduce risk of night cramps.



Plantar Fasciitis Rub

-In a sitting position, cross your right leg so the right foot is on your left knee. With your right hand, pull up on your toes. Using your left thumb, rub along the bottom of your foot with pressure. Repeat sides. Do 2-3 times before getting out of bed and after prolonged sitting.