



## GREAT TOE EXTENSION STRETCH

While seated, cross your legs so that the affected leg is on top.

Next, bend your big toe back with your fingers until a stretch is felt in your toe and or bottom of your foot.

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



## Plantar fascia - self stretch

Grasp your foot by the big toe and plantar surface of foot

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



## 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  
Complete 2 Sets  
Perform 1 Time(s) a Day



### CALF STRETCH WITH TOWEL

While in a seated position, hook a towel under your foot and pull your ankle back until a stretch is felt on your calf area.

Keep your knee in a straightened position during the stretch.

Repeat 2 Times  
Hold 30 Seconds  
Complete 2 Sets  
Perform 2 Time(s) a Day



### Plantar fascia/gastro stretch at wall

Stand in front of wall. Place the foot you want to stretch close to the wall and so the ball of the foot is on the wall. The other foot is about 18 to 24 inches from the wall. Use the back foot to push forward at the hips (keep shoulder back). Stretch should be felt in the calf.

You may push the ball of the foot down the wall to increase the stretch in your arch/plantar fascia area.

Repeat 2 Times  
Hold 20 Seconds  
Complete 2 Sets  
Perform 3 Time(s) a Day



### BALL STM

While seated, place a small ball under your foot and press into it while rolling it around.

Start with 20 seconds and see if you can get to a minute. Once sitting is easy (not painful) move to a standing position.

Repeat 4 Times  
Hold 20 Seconds  
Complete 2 Sets  
Perform 1 Time(s) a Day