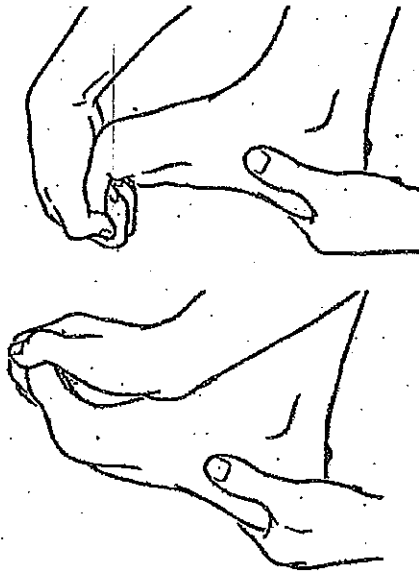
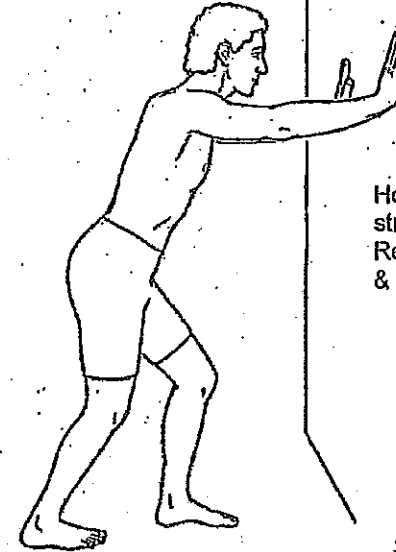


Hold for 10 seconds.  
A set is 10 repetitions.  
Perform at least 5 sets  
of stretches per day.



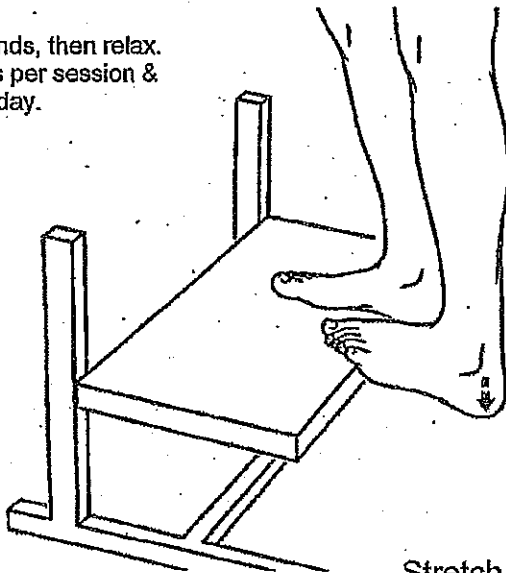
Stretch #1



Hold for 10 seconds, relax &  
straighten up.  
Repeat 3-5 times per session  
& 10 sessions per day.

Stretch #2

Hold for 10 seconds, then relax.  
Repeat 3-5 times per session &  
10 sessions per day.



Stretch #3

**Stretch #1**

1. Cross your affected leg over your other leg.
2. Using the hand on your affected side, pull your toes back towards your shin. This creates tension/stretch in the arch of the foot/plantar fascia.
3. Check for appropriate stretch position by gently rubbing the thumb of your unaffected side over the arch of the affected foot. The plantar fascia should feel firm, like a guitar string.

**Stretch #2**

1. Lean forward against the wall with affected leg straight and feet on the ground. Your other knee is bent.
2. Feel your calf stretch as you lean. You should feel a slight burn in your calf.

**Stretch #3**

1. Carefully put the ball of your affected foot on the edge of a step. Gently drop your foot off the step until you feel a slight burn in your calf.