

1



Standing Plantar Flexor Stretch

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Stand in front of a table and place your toes on the edge of the table. Lean your body back towards the table and onto your foot till you start to feel a stretch in the front of your ankle.

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

your leg that is most behind you.

Move closer or further away from the wall to control the stretch of the back leg. Also you can adjust the bend of the front knee to control the stretch as well.

2



Plantar Fascia Foot Stretch

1. While sitting at Home or at Work, cross your Right (affected) foot over your opposite knee.

2. With shoes on or off (works better w shoes off but ok w shoes on like at work) grasp base of all 5 toes (or toe box of shoe) with Right (same side) hand.

3. Pull toes back toward shin until stretch is felt in arch of foot.

4. Hold stretch for 10 seconds. Repeat X 10 on R affected foot.

5. Do this every day 3 times a day especially before standing after sitting for 20+ mins to relieve heel pain.

Repeat 10 Times
 Hold 10 Seconds
 Complete 1 Set
 Perform 3 Time(s) a Day

3



STANDING CALF STRETCH - SOLEUS

Start by standing in front of a wall or other sturdy object. Step forward with one foot and maintain your toes on both feet to be pointed straight forward. Keep the leg behind you with a bent knee during the stretch.

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

Lean forward towards the wall and support yourself with your arms as you allow your front knee to bend until a gentle stretch is felt along the back of

4



STANDING CALF STRETCH - GASTROC

Start by standing in front of a wall or other sturdy object. Step forward with one foot and maintain your toes on both feet to be pointed straight forward. Keep the leg behind you with a straight knee during the stretch.

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

Lean forward towards the wall and support yourself with your arms as you allow your front knee to bend until a gentle stretch is felt along the back of your leg that is most behind you.

Move closer or further away from the wall to control the stretch of the back leg. Also you can adjust the bend of the front knee to control the stretch as well.

5



TOWEL CURLS

While seated, use a towel and draw it back towards you using your toes. Curl your toes inward.

Be sure to keep your heel in contact with the floor the entire time.

Repeat 5 Times
Hold 1 Second
Complete 1 Set
Perform 3 Time(s) a Day

6



MARBLE PICK UP

Place several marbles, dice or other small items on the floor and pick them up using your toes as shown. Place them in a cup or bowl and repeat.

Repeat 3 Times
Hold 1 Second
Complete 1 Set
Perform 3 Time(s) a Day

7



TOE WALK

Raise up your heels and walk on your toes.

Take few steps forward and then a few steps backwards.

Repeat 10 Times
Hold 1 Second
Complete 5 Sets
Perform 2 Time(s) a Day

8



HEEL WALK

Raise up your toes and walk on your heels.

Take few steps forward and then a few steps backwards.

Repeat 10 Times
Hold 1 Second
Complete 5 Sets
Perform 2 Time(s) a Day

9



Foot Tripod - Yoga Foot

Without moving your knee, lift the inside of your foot while keeping the outside of your foot on the ground (top left). Then, lift the outside of the foot while keeping the inside of your foot on the ground (middle left). Finish at a position where the ground feels equally balanced between the 3 points shown on the picture on the right. Hold your foot in this position.

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

Do not grip with your toes – keep them relaxed throughout the exercise.

10



SIDELYING INVERSION

Start by lying on your side with the target ankle on the bottom. You should be lying so that your foot and ankle are off the edge of the bed or table. Next, move your ankle and foot upwards towards the ceiling as shown. Add weight as needed for resistance.

You should either do this exercise or the theraband inversion, not both!

Repeat 10 Times
 Hold 2 Seconds
 Complete 3 Sets
 Perform 3 Time(s) a Day

13



Eversion

Sitting with leg straight, place theraband loop around your involved foot. Wrap the band around your uninvolved foot. Turn your involved foot out away from the other foot against resistance.

Repeat 10 Times
 Hold 2 Seconds
 Complete 3 Sets
 Perform 3 Time(s) a Day

11



Inversion

Sitting with your involved leg straight, cross your other leg over. Place theraband loop around your involved foot. Wrap the band around your other foot. Turn your involved foot out away from the other foot against resistance.

Repeat 10 Times
 Hold 2 Seconds
 Complete 3 Sets
 Perform 3 Time(s) a Day

12



SIDELYING EVERSION

Start by lying on your side with the target ankle on top. You should be lying so that your foot and ankle are off the edge of the bed or table. Next, move your ankle and foot upwards towards the ceiling as shown. Add weights to foot as needed for resistance

You should either do this exercise or the theraband eversion, not both!

Repeat 10 Times
 Hold 2 Seconds
 Complete 3 Sets
 Perform 3 Time(s) a Day