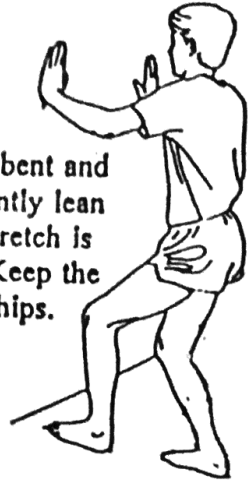


Heel pain



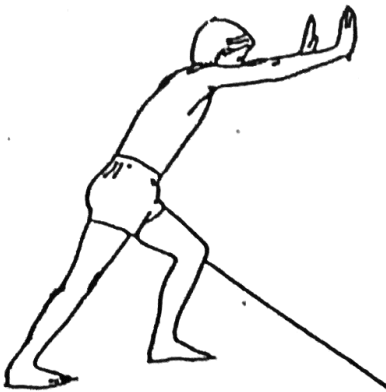
Plantar Fascia Stretch Sitting
Roll a can of soup from the heel to the ball of the foot, with as much deep pressure as you can tolerate. For added stretching, slightly raise toes toward the ceiling.



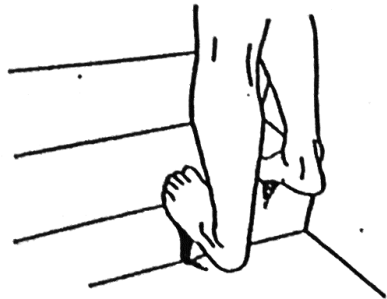
Soleus Stretch
Stand with both knees bent and involved foot back, gently lean into the wall until a stretch is felt in the lower calf. Keep the shoulders over the hips.



Toe Extension Stretch
Gently lift the heel of the involved leg, keeping the toes on the ground.



Gastrocnemius Stretch
Keep back leg straight with the heel on the floor, lean into the wall until a stretch is felt in the calf. Do stretch in three positions: toes in, toes out and toes forward.



Plantar Fascia Stretch Standing
Stand with the ball of the foot on the stair, reach for the bottom step with the heel until a stretch is felt through the arch of the foot.