



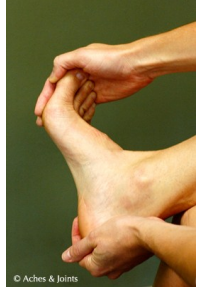
Prairie Path Foot and Ankle Clinic

Plantar Fasciitis/Achilles Stretches Stretches

Foot Extension

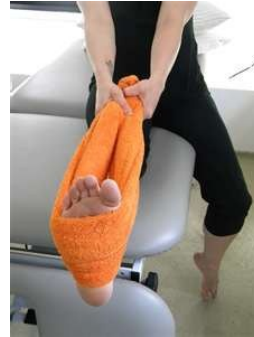
If you have heel pain, perform this stretch as you wake up and place your feet on the floor. This can also be performed while sitting in the office or on the couch.

- Sit on a chair and place your ankle over the opposite knee.
- Grip toes and gently pull them back towards the knee, while holding the ankle to prevent it from moving.
- Feel the stretch in the sole of the foot all the way to the heel.
- Hold the stretch for 30 seconds.
- Repeat three times for each foot.



Towel Stretch

Sit on the floor with your legs stretched out in front of you. Loop a towel around the top of the injured foot. Slowly pull the towel towards to keeping your body straight. Hold for 15 to 30 seconds then relax - repeat 10 times



Heel and Achilles Tendon Stretch

- When out for a walk, find a wall to lean against. Even a tree will do.
- Stand an arms length from the wall.
- Place the leg to be stretched about 12-18 inches behind you.
- Keep your toes pointed forward and slightly inward.
- Bend your arms and gradually lean towards the wall.
- Make sure your leg is straight and the heel of your back leg is pressed to the floor.
- Feel the stretch in the calf and heel of the back leg.
- Hold this position for 30 seconds and return to starting position.
- Repeat three times for each leg.

Heel Drop

Loose calf muscles will help prevent Achilles tendonitis and take some of the burden away from your shins as you bring your trailing leg forward when running.

Stand on a curb or step and drop your heels just to the point of discomfort and relax your calves. Your heels will move closer to the ground as your calves stretch. Hold this stretch for 30 seconds each side. Your calves, Achilles tendon and shins will thank you for this stretch

Frozen TheraBand Foot Roll

Roll your bare injured foot back and forth from the tip of the toes to the heel over frozen TheraBand foot roller for 10 minutes. This is a good exercise after activity because not only stretches the plantar fascia but provides cold therapy to the injured area.

*For maximum results apply Biofreeze before stretching