



## STANDING CALF STRETCHES

(1) Gastrocnemius Stretch: Keep back leg straight and heel on floor, lean into wall until a stretch is felt in calf. Hold for 60 seconds per leg. Repeat 3 times per leg.

(2) Soleus Stretch: Keep back leg slightly bent at the knee and keep heel flat on floor. Lean into wall until stretch is felt in lower calf. Hold for 60 seconds per leg. Repeat 3 times per leg.

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.

**Repeat** 3 Times  
**Hold** 1 Minute  
**Perform** 2 Times a Day



## BIG TOE AND PLANTAR FASCIA STRETCH

While seated, place your affected ankle on top of your other leg.

Then grab your toes and bend them back into extension as shown. Hold for a gentle stretch to your toes and sole of the foot (plantar fascia).

Video # VVMZZ7PM7

**Repeat** 3 Times  
**Hold** 45 Seconds  
**Complete** 1 Set  
**Perform** 2 Times a Day



## PLANTAR FASCIA STRETCH

While sitting, place a towel under your lower leg, foot and toes as shown. Hold onto the other end of the towel.

Gently pull back on the towel until a stretch is felt.

Video # VV25R6UDT

**Repeat** 3 Times  
**Hold** 45 Seconds  
**Complete** 1 Set  
**Perform** 2 Times a Day



### **Gastroc Stretch**

Stand on slant (triangle board or wheel chock) board with both feet. Slowly lean forward keeping both heels down on the board as shown. Lean until you feel a slight stretch in the back part of the calves. Remember to keep your knees straight.

**Repeat** 3 Times  
**Hold** 1 Minute  
**Complete** 1 Set  
**Perform** 2 Times a Day



### **FROZEN BOTTLE ROLL - PLANTAR FASCIA**

Use a frozen water bottle (plastic, no glass). In sitting or standing roll the bottom of your foot with moderate pressure. Use as much pressure as you can tolerate without discomfort. Feel a deep massage to break up scar tissue and spread around any injection you may have received.