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STRETCHING PROTOCOL FOR PLANTAR FASCIITIS

GASTROC STRETCH

Keep back leg straight, heel on floor with foot turned slightly outward. Lean toward wall until stretch is felt in calf.



SOLEUS STRETCH

Stand with both knees bent, and involved foot back. Gently lean into wall until stretch is felt in calf.



Single Leg Toe Curl

With foot resting on towel, slowly bunch towel up as you curl toes.



Planter Fascia Stretch

Standing with ball of foot on stair, reach for bottom step with the heel until a stretch is felt along arch of foot..

