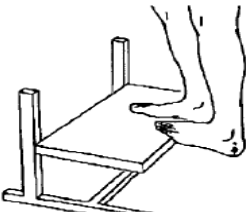


1. Do light Achilles stretches as shown on bottom of page several times a day without aggravation, esp after exercising. Alternative exercises include bicycling, elliptical and swimming.
2. Fill plastic water bottle, freeze it, and then roll it under foot and heel in evenings for 2 x 15 min each.
3. Do not go barefoot. Wear Croc type sandals around the house instead of barefoot and try to wear shoes that are **stiffer from heel to ball of foot (stability type)**. Try OTC Powerstep or Superfeet orthotics in shoes.
4. If pain does not improve and worsens, please see a physician. More info at our website at www.pwfoot.com. If you have Fed BCBS or Carefirst BCBS, custom orthotics are generally covered.

ANKLE / FOOT - 12 Plantar Fascia Stretch

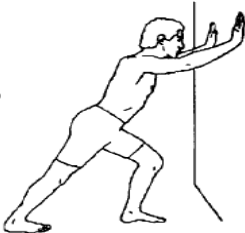
Standing with only ball of left foot on stair, push heel down until stretch is felt through arch of foot. Hold 10 seconds. Relax.



Repeat 10 times per set.
Do 1 sets per session.
Do sessions per day.

ANKLE / FOOT - 14 Gastroc Stretch

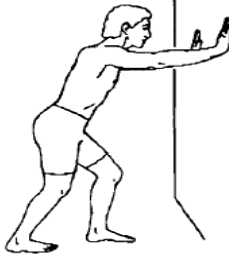
Stand with right foot back, leg straight, forward leg bent. Keeping heel on floor, turned slightly out, lean into wall until stretch is felt in calf. Hold 10 seconds.



Repeat 10 times per set.
Do 1 sets per session.
Do sessions per day.

ANKLE / FOOT - 13 Soleus Stretch

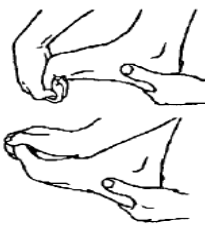
Stand with right foot back, both knees bent. Keeping heel on floor, turned slightly out, lean into wall until stretch is felt in lower calf. Hold 10 seconds.



Repeat 10 times per set.
Do 1 sets per session.
Do sessions per day.

ANKLE / FOOT - 34 PROM: Toe Flexion / Extension

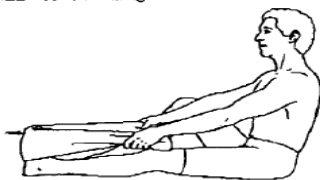
Gently grasp right toes and curl then straighten them. Hold each position 10 seconds.



Repeat 10 times per set.
Do 1 sets per session.
Do sessions per day.

Have someone else move foot.

HIP / KNEE - 63 Stretching: Calf - Towel




Sit with knee straight and towel looped around left foot. Gently pull on towel until stretch is felt in calf. Hold 10 seconds.

Repeat 10 times per set. Do 1 sets per session.
Do sessions per day.

ANKLE / FOOT - 40 Toe Extension / Ankle Dorsiflexion: Self-Mobilization (Kneeling)

On right knee and toes, lean down and back until gentle stretch is felt. Hold 10 seconds. Relax.



Repeat 10 times per set.
Do 1 sets per session.
Do sessions per day.

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