



## PLANTAR FASCIA STRETCH

Place your toes in a flexed position up against a step. Slowly bend your knee until you feel a stretch. Hold.

SETS & REPS: 30sec hold

FREQUENCY: 3-4 x day



## PLANTAR FASCIA STRETCH

Sit in a chair with one leg crossed over the other. Grasp the toes of the foot on top and gently pull them back toward the shin until you feel a stretch in the arch. Hold for 10 seconds then relax and repeat.

SETS & REPS: 10 reps

FREQUENCY: 3 x day



## GASTROCNEMIUS STRETCH WITH TOWEL

Sit on a chair with your leg out straight and pelvis tilted forwards. Grasp a towel in both hands and loop the middle over the foot of the leg to be stretched. Gently pull the ends of the towel back towards you until you feel a stretch in your calf. Hold.

SETS & REPS: 1-3 reps

FREQUENCY: 3 x day



## GASTROCNEMIUS STRETCH

Pressing against a wall with your front leg bent and back leg straight, lean your body forward until you feel a stretch in the calf of your back leg. Hold.

SETS & REPS: 30sec hold

FREQUENCY: 3-4 x day



## GASTROCNEMIUS STRETCH ON STEP

With the ball of your foot on the edge of a step and your knee straight, slowly drop your heel down until you feel a stretch in your calf. Hold.

SETS & REPS: 30sec hold

FREQUENCY: 3-4 x day