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