



## Plantar Fasciitis/Heel Spur

### Standing Calf Stretch - Gastrocnemius

Start by standing in front of a wall or other sturdy object. Step forward with one foot and maintain your toes on both feet to be pointed straight forward. Keep the leg behind you with a straight knee during the stretch.



Lean forward towards the wall and support yourself with your arms as you allow your front knee to bend until a gentle stretch is felt along the back of your leg that is most behind you.

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. Video # VVNCZDYYG

Repeat 3 Times  
Complete 1 Set

Hold 1 Minute  
Perform 2 Times a Day

### Standing Calf Stretch - Soleus

Start by standing in front of a wall or other sturdy object. Step forward with one foot and maintain your toes on both feet to be pointed straight forward. Keep the leg behind you with a bent knee during the stretch.

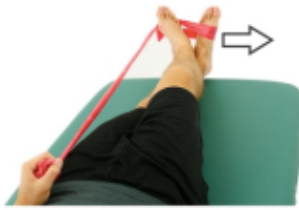


Lean forward towards the wall and support yourself with your arms as you allow your front knee to bend until a gentle stretch is felt along the back of your leg that is most behind you.

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. Video # VVGUVSTYG

Repeat 3 Times  
Complete 1 Set

Hold 1 Minute  
Perform 2 Times a Day



### Elastic Band Inversion - Supine

Start by lying on your back and place a looped end of an elastic band around your target foot. Next, cross your legs so that the target leg is on the bottom and part of the elastic band is held down by the top foot. Hold the other end in your hand.

Next, move your target ankle so that the toes and foot move to the inside or toward your mid-line. Return to starting position and repeat. Video # VVDEE24XF

Repeat 30 Times  
Complete 1 Set

Hold 1 Second  
Perform 2 Times a Day



### Elastic Band Eversion - Supine

Start by lying on your back and place a looped end of an elastic band around your target foot. Hold down the band with your other foot and then hold the other end in your hand.

Next, move your target ankle so that the toes and foot move to the side or away from your mid-line. Return to starting position and repeat. Video # VVYSBZSY5

Repeat 30 Times  
Complete 1 Set

Hold 1 Second  
Perform 2 Times a Day



### Elastic Band Plantarflexion – Supine

You can perform this lying on the floor face-up. Anchor one end of the elastic band in your hand and place a looped end around your target foot.

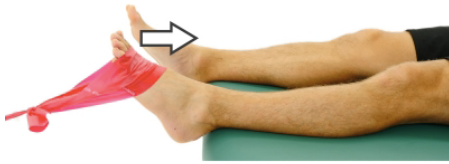
Next, hold the band and pull it to provide some tension in the band. Then move your target ankle/foot forward, or plantarflex your ankle. This is the same motion as when pressing down on a gas pedal of a car.

Return to starting position and repeat. Video # VVUDT95CF

Repeat 10 Times  
Complete 2 Sets

Hold 2 Seconds  
Perform 3 Times a Day

### Elastic Band Dorsiflexion – Supine



You can perform this lying on the floor face-up. Anchor one end of the elastic band in a door (tie a knot in the band and close a door on the band so that the knot is on the other side of the door).



Scot back until there is tension on the band. Once there is some tension, move your ankle so that your toes and foot pull back and upward toward pointing at the ceiling. Return to starting position and repeat. Video # VV43NVSG7

Repeat 10 Times  
Complete 2 Sets

Hold 2 Seconds  
Perform 3 Times a Day

### Cold Pack



Apply a cold pack to the affected area.

Duration 10 Minutes  
Complete 1 Set

Perform 3 Times a Day