



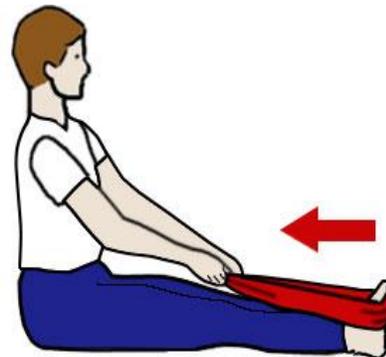
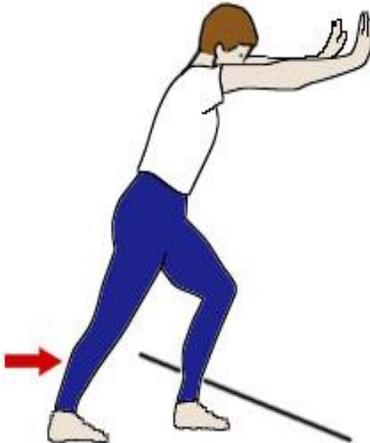
**Dr. Jeffery Katz Dr. Joseph Bisignaro
Dr. Jordan Katz
92 South State Street, Vineland, NJ 08360
856-691-1287
www.footdoctorvineland.com**

Plantar Fasciitis Stretching Exercises

Routine stretching is very important to healing plantar fasciitis. Most of those affected by plantar fasciitis have decreased flexibility and tight Achilles Tendons.

Calf/Achilles Stretch

Stand facing a wall place your hands on the wall chest high. Move the injured heel back and with the foot flat on the floor. Move the other leg forward and slowly lean toward the wall until you feel a stretch through the calf, hold for 15 seconds and repeat 5 times.



Towel Stretch

Sit on the floor with your legs stretched out in front of you. Loop a towel around the top of the injured foot. Slowly pull the towel towards to keeping your body straight. Hold for 15 to 30 seconds then relax - repeat 10 times.

Frozen can roll

Roll your bare injured foot back and forth from the tip of the toes to the heel over a frozen water bottle for 10 minutes. This is a good exercise after activity because not only stretches the plantar fascia but also provides cold therapy and massage.

