

PLANTER FASCIA

ANKLE / FOOT - 13

Soleus Stretch

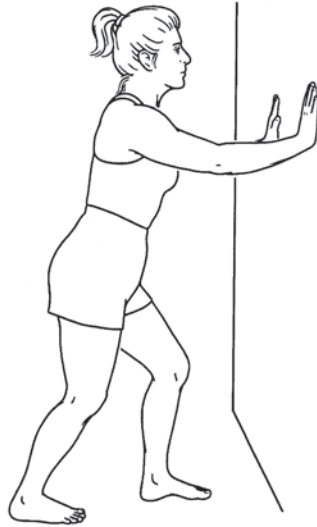
Stand with
RIGHT / LEFT foot back,
both knees bent.
Keeping heel on floor,
turned slightly out,
lean into wall
until stretch is felt
in lower calf.

Hold 15 seconds

Repeat 2 times per set

Do 2 sets per session

Do 1 sessions per day



ANKLE / FOOT - 14

Gastroc Stretch

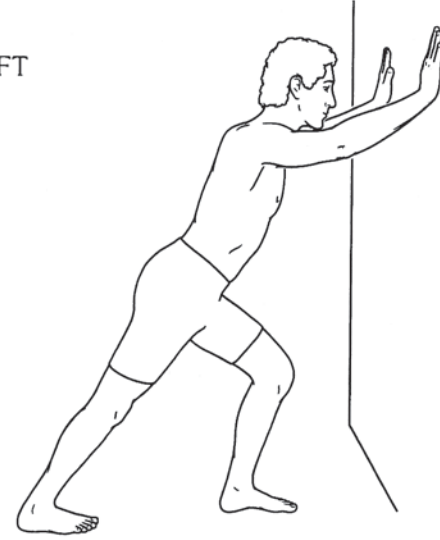
Stand with RIGHT / LEFT
foot back, leg straight,
forward leg bent.
Keeping heel on floor,
turned slightly out,
lean into wall until
stretch is felt in calf.

Hold 15 seconds

Repeat 2 times per set

Do 2 sets per session

Do 1 sessions
per day



HIP / KNEE - 40

Stretching: Hamstring (Sitting)

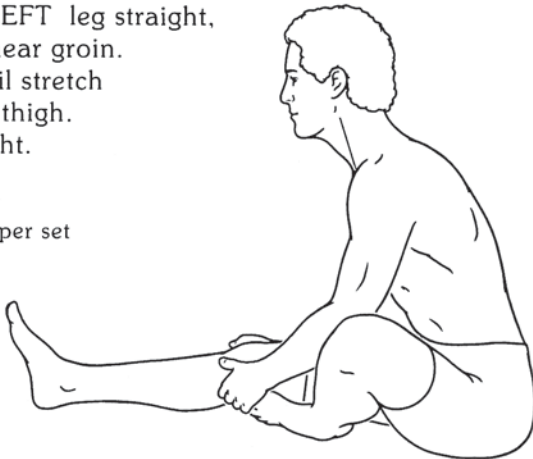
With RIGHT / LEFT leg straight,
tuck other foot near groin.
Reach down until stretch
is felt in back of thigh.
Keep back straight.

Hold 15 seconds

Repeat 2 times per set

Do 2 sets
per session

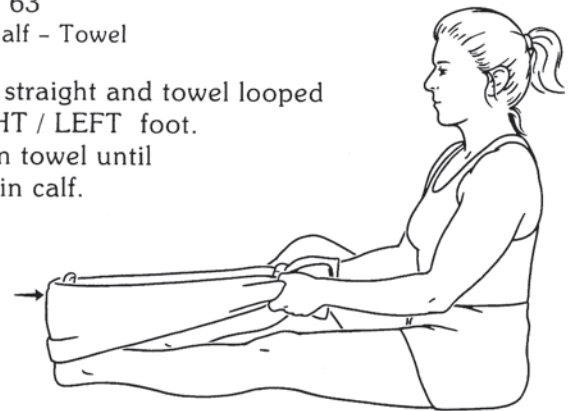
Do 1 sessions
per day



HIP / KNEE - 63

Stretching: Calf - Towel

Sit with knee straight and towel looped
around RIGHT / LEFT foot.
Gently pull on towel until
stretch is felt in calf.



Hold 15 seconds. Repeat 2 times per set.

Do 2 sets per session. Do 1 sessions per day