



TOWEL STRETCH:

Place a towel by your bed at night. Before arising in the morning, use towel to stretch calf muscles and plantar fascia. Place towel around forefoot. With one hand, pull the towel toward you while feeling a comfortable stretch in calf. With the other hand, pull the towel so that you are extending your toes toward you until a stretch is felt in the arch area of your foot.

Hold stretch 30 seconds.
Repeat 2-3 times prior to arising from bed.

Hold each stretch for 2-3 minutes
and do 5 times per day.
Do not bounce in/out of stretch



GASTROC STRETCH:

Stand facing the wall. Put involved foot behind the other. Turn foot in slightly. Keep knee straight and heel on the floor. Lean forward until comfortable stretch is felt in calf.



SOLEUS STRETCH:

Stand facing the wall. Put involved foot behind the other. Turn foot in slightly. Bend knee and imitate a sitting position until stretch is felt in achilles tendon. Be sure to keep you heel on the floor