



**Plantar Fascia /Gastrocs**

Sitting with one leg extended out in front, place towel under ball of foot. Gently pull foot back towards shin.

Sets:	
Reps:	2x
Weight:	
Hold:	30 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Plantar Fascia - Bottle**

Place bottle under arch of foot.  
Roll foot back and forth over bottle.  
(a cold bottle out of the fridge works best!)

Sets:	
Reps:	
Weight:	
Hold:	roll for 5 min
Rest:	
4x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Toe Flexion / Grab**

Seated, place marbles, pennies or towel on the floor.  
Use the toes to pick up the various objects.

Sets:	2
Reps:	12
Weight:	
Hold:	
Rest:	30-60
daily	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Gastrocs - Step**

Standing tall with ball of foot on edge of stair or block.  
Drop heel over edge to feel stretch in the calf.

Sets:	
Reps:	2x
Weight:	
Hold:	30 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31