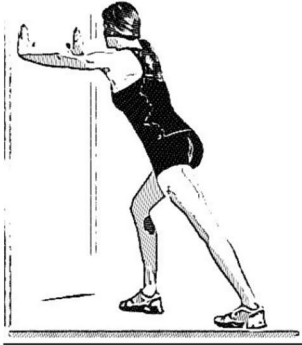


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## Stretching Instructions for Plantar Fasciitis, Achilles Tendinitis, Metatarsalgia, Tight Calf Muscle

### Wall Stretch:



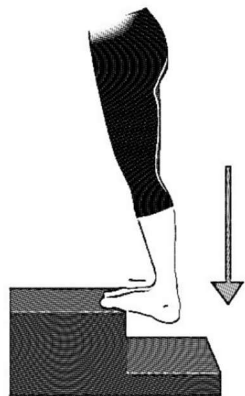
Begin by standing upright facing a wall over an arm's length away. Stretching one leg at a time, take a large step forward with one leg and place your hands on to the wall. Now straighten the knee on the other leg whilst keeping the heel flat on the floor. Then lean your body towards the wall so that you feel a stretch down the back of your calf. Hold the stretch for 20-30 seconds. Stretch the other leg using the same process.

### Modified Wall Stretch:

Stand facing a wall, about one foot away. Stretching one leg at a time place your toes and ball of your foot against the wall about 4-6 inches up the wall. Place your hands on the wall and lean your waist and hips into the wall while arching your back. Keep your knee straight to stretch the calf muscle. Hold the stretch for 20-30 seconds. Stretch the other leg using the same process.



### Stair Stretch:



Begin by standing on a small step or the bottom stair of a staircase. Hold on to the bannister or rail to help maintain balance.

You may stretch both legs at the same time. Keeping your knees of straight, lean your bodyweight down and allow the heels to sink below the level of the step as shown in the diagram. As your heels sink lower, you will feel the calf muscles stretch in the back of the leg. Hold the stretch for 20-30 seconds then relax. Repeat as needed.

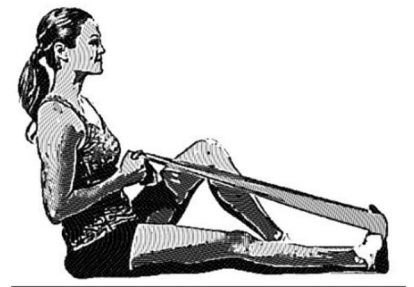
### Standing or Seated Hamstring Stretch:



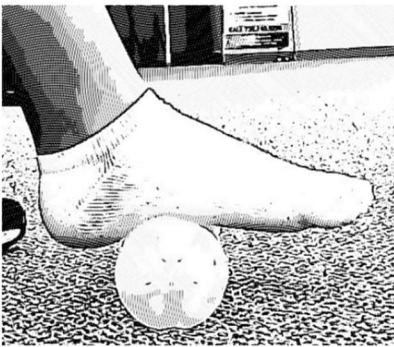
You may stretch one leg at a time or both legs at the same time. While standing or while seated, keeping your knees straight, bend at the waist and reach to your ankles or toes. You will feel the stretch on the back of your hamstrings and calf muscles. Hold the stretch for 20-30 seconds, then relax.

### Band Stretch:

In the seated position, loop a physio 'theraband' (specific resistance band) or a towel around ball of foot on the injured side. Gently and steadily pull on the band or towel whilst keeping knee straight. you will feel the stretch in the calf muscles in the back of the leg. Hold the stretch for 20-30 seconds. Switch and stretch the other leg.



### Frozen Water Bottle:



Freeze a 20 ounce water bottle. Once it is frozen, place the bottle on the ground on a flat surface. Works better on carpet. Place your foot on top of the frozen water bottle and roll the bottle back and forth from the heel to the ball of your foot. Recommend ~ 10 minutes/ foot. Wearing a sock will prevent over exposure of the skin to the ice.

**\*Warning:** prolonged contact of bare skin with ice can cause frost bite and skin blistering.