

Stretching

I recommend stretching to everyone. A good stretch for everyday that doesn't take too long to do is this:

- Shoes must be on.
- Stand next to a wall and put one foot on a chair seat (or other surface) at a comfortable height directly in front of you (feet pointing in the same direction), letting the back of the heel rest on the surface.
- Make sure your hips are perpendicular to the leg (90 degrees).
- You will feel a gentle stretch all along the back of your leg and into the low back. It is important to stand up straight! Otherwise the lower back may tilt forward, reducing the effectiveness of the stretch.
- **HOLD THE STRETCH for 1 minute**. Time on cell phone or watch.
- Now stretch the other leg.
- Repeat 3 times for plantar fasciitis or 10 times for Achilles tendinitis. This stretch is good for many lower extremity tendon/ligament problems including heel pain.

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