

# UPSWING HEALTH

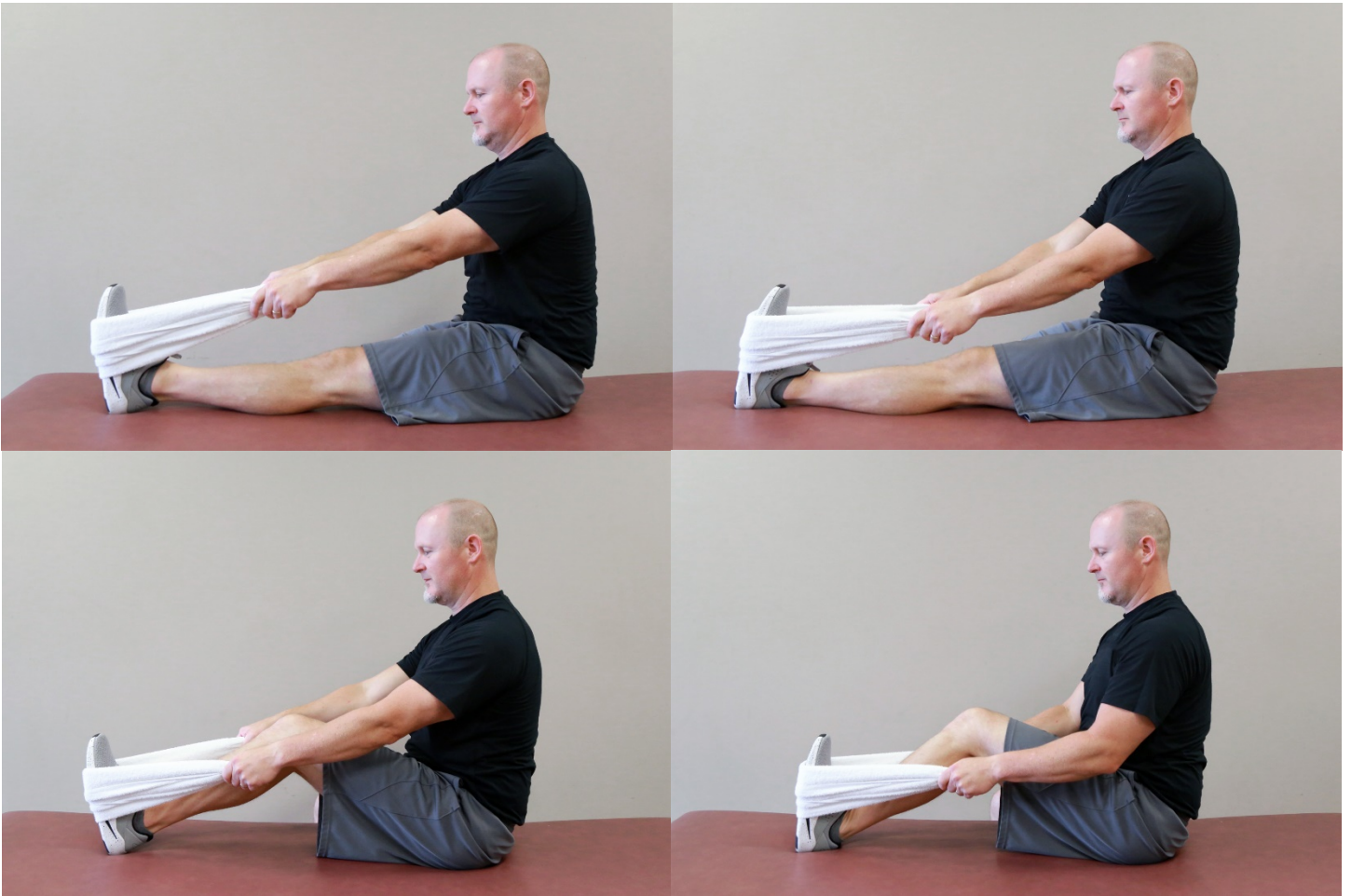
## Plantar Fasciitis

### Towel Calf Stretching

Place your involved leg straight out in front of you. Place a towel at the ball of your foot and pull the ends toward you until you feel a stretch in your calf. (Do not hyperextend your knee when you stretch.)

Slightly bend the knee of your involved leg before you place the towel at the ball of your foot. Pull the ends toward you until you feel a stretch in your lower leg.

Hold the stretches 30 seconds each, repeat 3 times, 2-3 times a day.



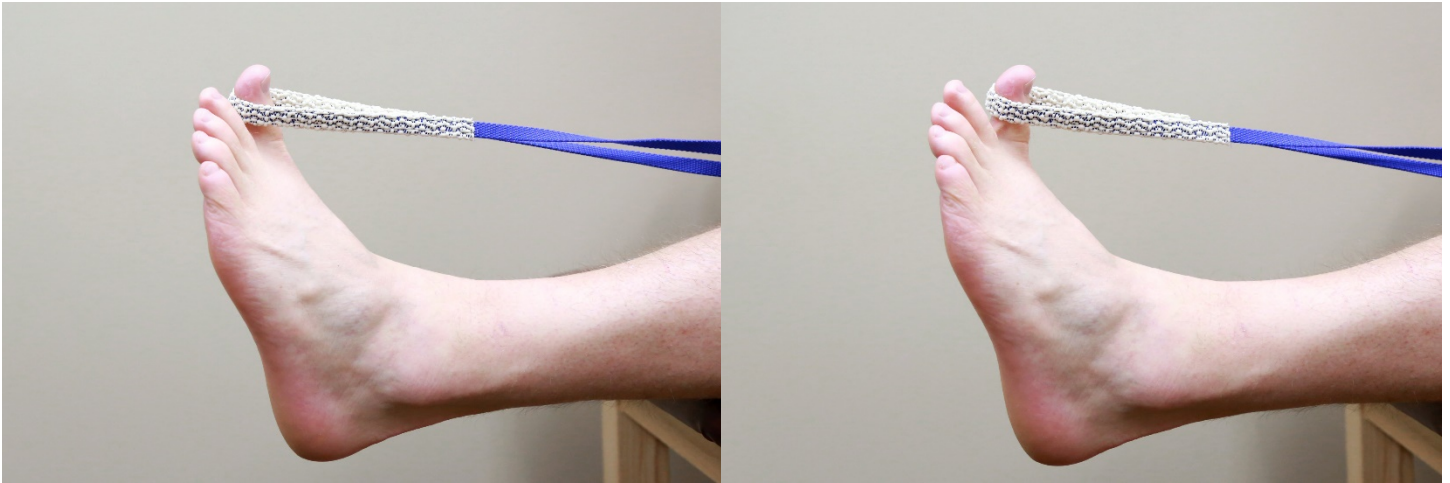
Discontinue exercises and consult with a medical professional if any discomfort is experienced.

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## 1<sup>st</sup> Toe Extension Stretch

With a towel or strap around the big toe, pull back so that a stretch is felt along the bottom of the great toe.

Hold 30 seconds, 3 repetitions, 2-3 times a day.



## Towel Curls

Sit with your involved foot in front of you, resting on a towel. Slowly bunch the towel up by curling your toes. (Progress to doing with a weight on the end of the towel.) Hold 3 seconds, 30 repetitions, once a day.



Discontinue exercises and consult with a medical professional if any discomfort is experienced.

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## Plantar Fascia Stretch at Wall

Stand facing the wall with your involved foot up against the wall as demonstrated. Try and keep your big toe against the wall. Transfer your body weight forward keeping your involved leg as straight as possible, leaning forward with your hips.

Hold 30 seconds, 3 repetitions, 2-3 times a day.

