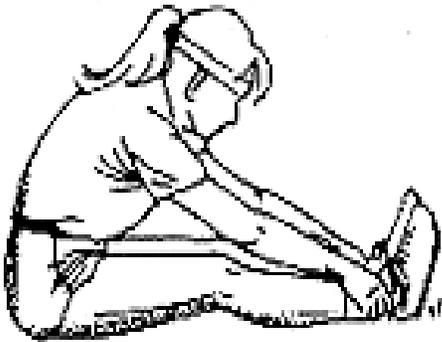


## Heel Cord and Plantar Fascia Stretching Exercises

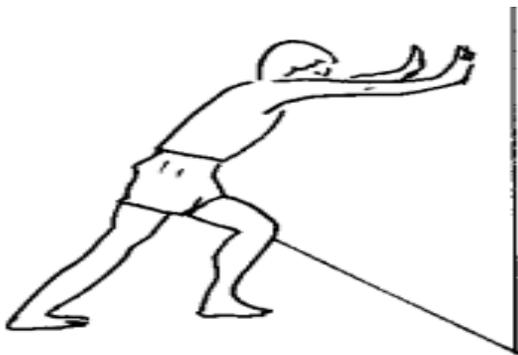
It is very important to the resolution of heel pain and/or fasciitis to perform the following stretches twice a day for the recommend number of repetitions.

### Seated Stretch



This stretch should be maintained for 30 seconds and repeated 10 times, twice daily. An alternate method of this stretch can be achieved with an elastic band or towel held as a stirrup beneath the forefeet and pulled toward the chest held for 30 seconds also for 10 repetitions twice daily. If this stretch is done prior to exiting the bed in the morning it is helpful in reducing AM symptoms of stiffness and pain.

### Standing Stretch



This stretch can be done on arising from and before retiring to bed. Alternate legs. Hold the stretch for 30 seconds 5 times each leg. (note that the toes are facing the wall and the rear leg has a straight knee with the heel touching the ground)