

1



ELASTIC BAND DORSIFLEXION - SEATED

While seated, use an elastic band attached to your foot and draw your foot upward. Be sure to keep your heel in contact with the floor the entire time.

Repeat 10 Times
 Hold 5 Seconds
 Complete 1 Set
 Perform 2 Time(s) a Day

5



ELASTIC BAND INVERSION

While seated, use an elastic band attached to your foot and draw your foot inward to see medial side of foot.

Repeat 10 Times
 Hold 5 Seconds
 Complete 1 Set
 Perform 2 Time(s) a Day

2



ELASTIC BAND PLANTARFLEXION - SEATED

While seated, use an elastic band attached to your foot and press your foot downward and forward. Be sure to keep your heel in contact with the floor the entire time.

Repeat 10 Times
 Hold 5 Seconds
 Complete 1 Set
 Perform 2 Time(s) a Day

6



ELASTIC BAND EVERSION 2 - SEATED

While seated, use an elastic band attached to your foot and draw your foot outward to see lateral side of foot.

Repeat 10 Times
 Hold 5 Seconds
 Complete 1 Set
 Perform 2 Time(s) a Day

3



ELASTIC BAND INTERNAL ROTATION

While seated, cross your legs and using an elastic band attached to your foot, hook it under your opposite foot and up to your hand. Next, draw your foot inward. Be sure to keep your heel in contact with the floor the entire time.

Repeat 10 Times
 Hold 5 Seconds
 Complete 1 Set
 Perform 2 Time(s) a Day

7

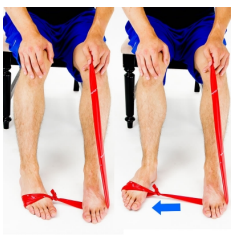


Achilles stretch

Stand with one foot on the edge of a step with the knee slightly bent. Lower the heel to stretch the Achilles tendon and lower calf.

Repeat 3 Times
 Hold 15 Seconds
 Complete 1 Set
 Perform 2 Time(s) a Day

4



ELASTIC BAND EXTERNAL ROTATION

Using an elastic band attached to your foot, hook it under your opposite foot and up to your hand. Next, draw the band outwards to the side. Be sure to keep your heel in contact with the floor the entire time.

Repeat 10 Times
 Hold 5 Seconds
 Complete 1 Set
 Perform 2 Time(s) a Day

8



Plantar Fascia Frozen Bottle Roll

Use a frozen water bottle or a ball. In sitting or standing roll the bottom of your foot with moderate pressure. Use as much pressure as you can tolerate without discomfort. 2-3 min/2Xday