



**PLANTAR FASCIA ICE MASSAGE**  
 Place a frozen water bottle on the floor and roll the bottle back and forth under your foot for 10 minutes. Do this at the end of each day and after activity.

**SETS & REPS:** 10 mins                      **FREQUENCY:** Daily




**PLANTAR FASCIA MASSAGE**  
 Sitting, place a golf ball on the floor and roll the ball around under your foot concentrating on the tight, tender areas.

**SETS & REPS:** 2-5 mins                      **FREQUENCY:** As needed




**GASTROCNEMIUS STRETCH**  
 Pressing against a wall with your front leg bent and back leg straight, lean your body forward until you feel a stretch in the calf of your back leg. Hold.

**SETS & REPS:** 30sec hold                      **FREQUENCY:** 1-3 x day




**PLANTAR FASCIA STRETCH**  
 Place your toes in a flexed position up against a step. Slowly bend your knee until you feel a stretch. Hold.

**SETS & REPS:** 30sec hold                      **FREQUENCY:** 1-3 x day



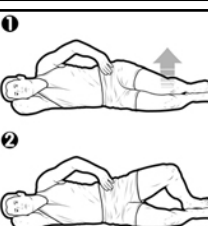
**TOWEL SCRUNCHING**  
 Sitting on a chair with your foot on a towel. Curl your toes to grab and scrunch the towel towards you. Do not move your thigh or knee to move the towel. To make the exercise more difficult, place a weight on the end of the towel.

**SETS & REPS:** 3 x 15                      **FREQUENCY:** Daily



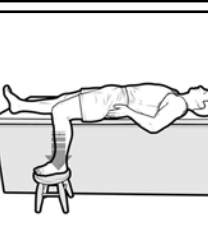
**CALF STRENGTHENING**  
 Standing with both knees bent (1), slowly rise up onto your toes as far as you can while maintaining the bend at your knees (2). Slowly lower and repeat. Ensure your heels do not move sideways during the exercise.

**SETS & REPS:** 3 x 10                      **FREQUENCY:** Daily



**PGM CLAMS**  
 Lie on your side with your hips bent to 45° and your knees flexed to 90° (1). Raise your top knee as high as you can without your hips rolling back (2). Slowly lower and repeat.

**SETS & REPS:** 3 x 10                      **FREQUENCY:** 2-3 x week



**INNER RANGE HIP EXTENSION**  
 Lie on a table with your leg bent over the side and a stool under your foot. Place your hand on your gluteals to palpate the contraction as you push through your foot, attempting to raise your hip off the table. Hold the contraction for 5 seconds. Relax and repeat.

**SETS & REPS:** 3 x 10 reps                      **FREQUENCY:** 2-3 x week