



## INSTRUCTIONS FOR PLANTAR FASCIA STRETCHING

**1) BEFORE GETTING OUT OF BED IN THE MORNING PERFORM THE FOLLOWING STRETCHING EXERCISE:**

- **FLEX YOUR FOOT/ANKLE UPWARDS TOWARD YOUR BODY UNTIL YOU REACH RESISTANCE.**
- **HOLD YOUR ANKLE IN THAT POSITION FOR A FULL 30 SECONDS, COUNTING BY THOUSANDS.**
- **REPEAT 3 TIMES.**

**2) PLACE A 20 OZ. WATER BOTTLE IN THE FREEZER.**

- **BEFORE BEDTIME, ROLL YOUR FOOT/ ARCH ON THE BOTTLE FOR 5 MINUTES. THIS EXERCISE SHOULD BE DONE WHILE SITTING & PLACING SOME PRESSURE ON YOUR FOOT**

**3) If you are using a night splint at bedtime, be sure to put on before going to bed to maintain the benefits of your stretching. Remember night splints are not meant for walking, so please USE WITH CAUTION.**