

# A few ***Stretching*** tips

**Plantar Fasciitis** is most often associated with long periods of lifting and/or sports activities (especially running). This can result in pain located under the heel especially during the day's first steps. Other symptoms include knee pains and the inability to bend one's foot so the toes are pointed towards the shin.

STRETCHES for Plantar Fasciitis:

1. Calf muscle stretch: In a sitting position with your leg straight, drape a towel around the ball of your foot and pull gently towards your body. Hold for 10-30 seconds and repeat 5-10 times.
2. Intermetatarsal strengthening (foot strengthening): grasp a pencil with your toes, lift and and drop.
3. General proprioception: rotate ankle clockwise 10 times and counterclockwise 10 times. Repeat with alternate foot. Then gently point your toes then flex your ankle. Repeat 10 times with both feet.