



Long Sitting Calf Stretch with Strap

SETS: 1

HOLD: 30S

DAILY: 4



Setup

Begin sitting on the floor with one foot stretched in front of you, your other knee bent, and a strap secured around your foot.

Movement

Slowly pull your foot towards you with the strap until you feel a stretch in your calf.

Tip

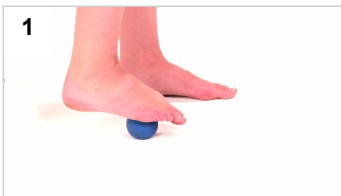
Make sure to keep your knee straight during the stretch.

Seated Plantar Fascia Mobilization with Small Ball

SETS: 1

ROLL: 60S

DAILY: 2



Setup

Begin sitting in a chair with your foot resting on a small ball.

Movement

Gently roll the middle of your foot forward and backward over the ball, in between the ball of your foot and your heel.

Tip

Make sure to use just enough pressure that you feel a stretch but no pain.

Standing Calf Raise With Small Ball at Heels

REPS: 10-25	SETS: 1-2	DAILY: 1
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Setup

Begin standing upright with your hand on a chair or countertop for support as needed. Place a ball between your heels.

Movement

Slowly raise both heels off the ground while keeping the ball between your heels. Then, return to the starting position and repeat.

Tip

Make sure to press off the ground from the balls of your feet rather than curling the toes into the ground.