

The Plantar Fascia Stretch

Always consult our podiatrist before starting this exercise.

Seated on floor

1. Hold on your heel
2. Place your hand on forefoot and pull your toes back
3. Holds on the position for 20- 30 seconds
4. Repeat 2- 3 times both side



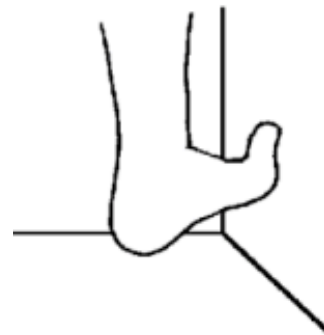
Seated on chair

1. Cross lower leg over thigh
2. Hold on your heel
3. Place your hand on forefoot and pull your toes back
4. Holds on the position for 20 - 30 seconds
5. Repeat 2 - 3 times both side



Standing on floor

1. Place your hands on wall, ensure both feet face wall
2. Place one of your sole of your feet (forefoot part) on the wall
3. Bend your toes (you may bend your knee)
4. Holds on the position for 20 - 30 seconds
5. Repeat 2 – 3 times both side



Standing on step(s)

1. Place your hand(s) on wall or holding onto stair rail
2. One of your heel hanging over the step
3. Slowly lower your heel until you feel a stretch
4. Holds on the position for 20 - 30 seconds
5. Repeat 2 – 3 times both side

