

Notes:

1. AA Passive Extension



- Kneel and bend the toes up so that the bottom surface is resting on the floor.
- Lean back to sit on heels until you feel a stretch on the ball of the foot.
- Maintain the position and relax.

Frequency: 2 x / day Hold: 30 sec.

2. Calf stretch



- Standing facing a wall or object, place your foot up against the wall.
- Keeping a straight knee, lean forward until you feel a stretch in the calf and hold the position.

Frequency: 2 x / day Hold: 30 sec.

3. Calf stretch



- Standing facing a wall or object, place your foot up against the wall.
- With your knee bent, lean forward until you feel a stretch in the calf and hold the position.

Frequency: 2 x / day Hold: 30 sec.

4. Muscle release Plantar fascia



- Sit on a straight back chair with one foot on a golf ball, the other foot flat on the floor and you back in neutral position (slightly arched).
- Roll the ball under your arch of the foot.

5. IFM retraining



- Stand in front of a wall with the feet shoulder width apart and knees slightly flexed. The fingertips may be placed on the wall for stability.
- Increase the height of the arch by gently supinate and actively attempt to approximate the head of the first metatarsal toward the heel without flexing the toes.
- While maintaining the contraction on one foot, lift the other leg off the floor and keep the knee of the weight-bearing leg flexed 10-20°.
- Hold the position for a count of 10 and try to maintain the arch as steady as possible.
- following the 10 seconds count, slowly lower the arch back to the relaxed state under control.
- Repeat.

Sets: 3 Repetition: 10 Frequency: 2 x / day Hold: 10 sec.