

STRETCHING

Note: These stretching exercises create a gentle pulling feeling, not pain.
Should you have any questions regarding these stretching exercises, please contact our office.



Towel Stretch

Place a rolled towel under the ball of your foot. Holding the towel at both ends, gently pull the towel toward you while keeping your knee straight. Hold this position for 15-20 seconds.



Calf Stretch

Stand facing a wall with your hands on the wall. With one leg extended behind you, lean toward the wall keeping your knee extended and your heel on the ground. Hold for 15-20 seconds.

Hamstring Stretch

Extend one leg in front of you with the foot flexed. Bend your other knee and shift your weight back slightly. Your pelvis should be tilted forward. Keep your upper body upright as you hold the stretch for 15-20 seconds, then switch sides. You should feel the stretch up the back of your extended leg (all the way up your calf and hamstring).



Towel Scrunch

Sit with your foot flat on the floor with a towel placed under your foot. Keeping your heel on the floor, pull the towel toward your body by curling up the towel with your toes.

Achilles Stretch

Stand on a step and slowly let your heels down over the edge of the step as you relax your calf muscles. Hold the stretch for about 15-20 seconds, then gently tighten your calf muscles to bring your heels back up to the level of the step.



Arch Therapy with The Heeler

While seated, roll The Heeler under the arch of your foot with moderate pressure. It is not necessary to roll The Heeler under the painful heel itself, just the arch. The Heeler should be filled with water and frozen before use.

