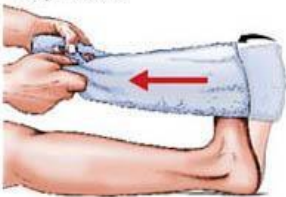


HEEL CORD/PLANTAR FASCIA STRETCHES

A. Sit with your legs straight in front of you. Wrap a towel around the ball of your foot and hold the loose ends in each hand. Pull the ends of the towel toward you until you feel a gentle stretch in the back of your calf.



B. Stand on an incline box with the higher edge toward the wall. With your heel on the floor and knee straight, lean toward the wall until you feel a gentle stretch in your calf.



C. Stand about an arm's length from a wall with one foot in front of the other. Bend the front knee and put your hands on the wall. Lean forward until you feel a gentle stretch in the calf of your back leg.

Next, bring your back leg closer to the wall and bend both knees. Lean forward until you feel a gentle stretch in the heel cord of your back leg.

