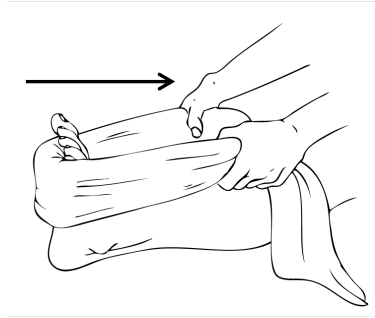


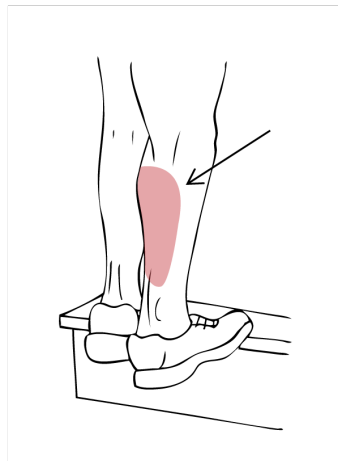


Plantar Fasciitis Stretches

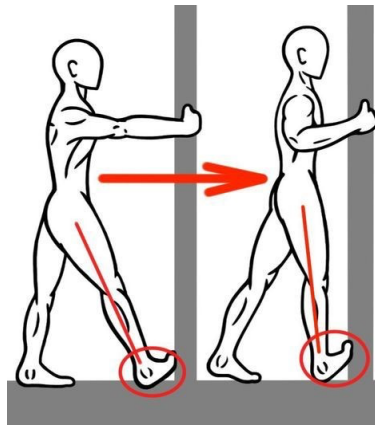
Repeat these exercises several times daily to help control plantar fasciitis pain.



- Wrap a towel around the forefoot and pull back. Hold for 2 minutes.



- Hang both heels off of a step and drop the heels down. Hold for 2 minutes.



- Keep heel on floor and put front of foot against the wall. Lean body closer to the wall. Hold for 2 minutes.