

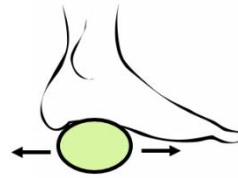
## Stretch Your Calves

1. Stand arm's length from a wall.
2. Place your right foot behind your left.
3. Slowly and gently, bend your left leg forward.
4. Keep your right knee straight and your right heel on the ground.
5. Hold the stretch for 15 to a maximum of 30 seconds and release. Repeat three times.
6. Reverse the position of your legs, and repeat.

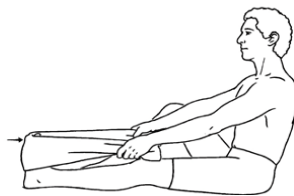


## Grab a Chair and Stretch Your Plantar Fascia

1. While seated, roll your foot back and forth over a frozen water bottle, ice-cold can, or foam roller. Do this for one minute and then switch to the other foot.



Stretching: Calf – Towel



2. Fold a towel lengthwise to make an exercise strap. Sit down, and place the folded towel under the arches of both feet. Grab the ends of the towel with both hands, and gently pull the tops of your feet toward you. Hold for 15 to 30 seconds, and repeat three times.



2. Standing with the ball of your foot on a step as shown, lower your heel toward the floor until a stretch is felt through the arch of the foot. Hold for 10 Seconds, then return to the starting position, Repeat 3 times on each side.
5. With the heel of your foot in a fixed position, bunch a towel up by grabbing it and curling the toes. Repeat 5 times.



4. Cross one leg over the other for the big toe stretch. Grab your big toe, pull it gently toward you, and hold for 15 to 30 seconds. Then, reverse the stretch and point the toe towards the ground. Do this three times on both feet.

