



1. PLANTAR FASCIA STRETCH:

Sit in a chair and cross one foot over your other knee. Grab the base of your toes and pull them back toward your leg until you feel a comfortable stretch. Hold for 10 seconds and repeat 5 to 10 times.



2. ACHILLES STRETCH:

Stand on forefoot at the edge of step; reach the step below with your heel, until you feel the stretch in the arch of the foot. Hold this position for 10 seconds and repeat 5 to 10 times.



3. HEEL RAISE:

Stand behind the chair or any support and raise your body up onto your toes and hold for 5 seconds. Then slowly lower down yourself. Repeat 5 to 10 times.



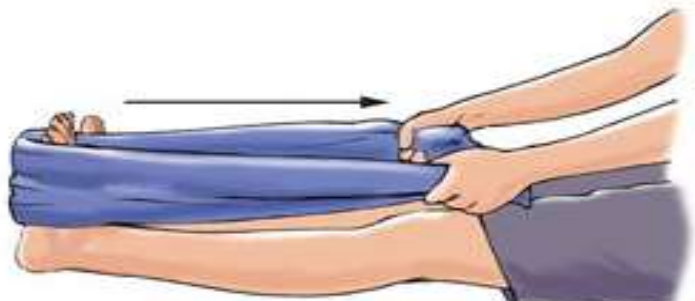
4. TOWEL PICK:

Drop a towel on the ground and pick up the towel with your toes. Release and repeat 5 to 10 times.



5. FROZEN CAN ROLL:

Take a frozen juice can or tin, roll your feet on the can from front to back. Repeat for 3 to 5 minutes



6. TOWEL STRETCH:

Loop a towel around your toes and pull the foot towards your body keeping your leg straight. Hold this for 10 seconds and relax. Repeat 5 to 10 times.