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## Stretching Exercises



General

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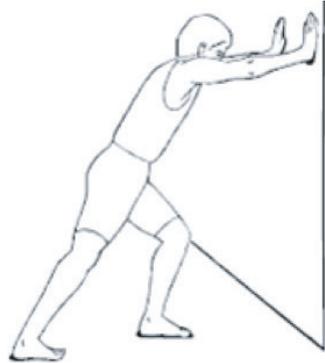
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## Stretching exercises

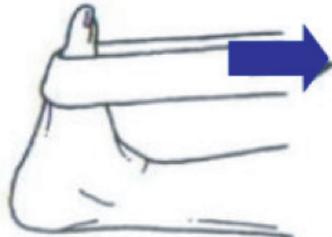
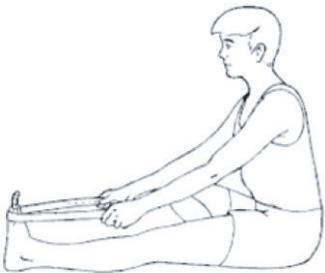
Stretching the muscles of the feet and lower legs can help improve flexibility, strength and muscle endurance. This helps prevent and alleviate pain that comes from long activity.

### Calf stretches

Keep the back of your leg straight with heels down on the floor and feet parallel to each other. Lean into the wall. You should feel a stretch in your calf. Hold for 15 seconds, and do this 10 times for each leg.



Sit with one leg straight out in front of you. Put a towel around your foot. Gently pull the ends of the towel toward you. You should feel a stretch in your calf. Hold for 30 seconds, and do this 10 times for each leg.



Stand on a step with your heel over the edge. Hold onto a stable structure for support. Gently lower your heel below the height of the step, using your bodyweight to stretch your calf. Hold for 30 seconds and repeat this 3 times for each leg.



### Seated plantar fascia stretch

Sit down and cross one foot over your other knee. Pull the base of your toes towards your body until you feel a comfortable stretch. Hold this position for 15 to 20 seconds and repeat 5 times.



### Plantar fascia release

Roll your bare foot over a golf ball backwards and forwards from the heel to the arch for 3 to 5 minutes.

