



Notes:

Plantar Fascia /Gastrocs

Sitting with one leg extended out in front, place towel under ball of foot. Gently pull foot back towards shin.

Sets:	
Reps:	2x
Weight:	
Hold:	30 sec
Rest:	
2 x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Notes:

Use a cold bottle!

Plantar Fascia - Bottle

Place bottle under arch of foot.
Roll foot back and forth over bottle.
(a cold bottle out of the fridge works best!)

Sets:	
Reps:	
Weight:	
Hold:	roll for 5 min
Rest:	
4x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Notes:

Can use a facecloth instead. Just grab the edge and scrunch it up bit by bit.

Toe Flexion / Grab

Seated, place marbles, pennies or towel on the floor.
Use the toes to pick up the various objects.

Sets:	2
Reps:	12
Weight:	
Hold:	
Rest:	30-60
daily	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Notes:

Gastrocs - Step

Standing tall with ball of foot on edge of stair or block.
Drop heel over edge to feel stretch in the calf.

Sets:	
Reps:	2x
Weight:	
Hold:	30 sec
Rest:	
2 x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31