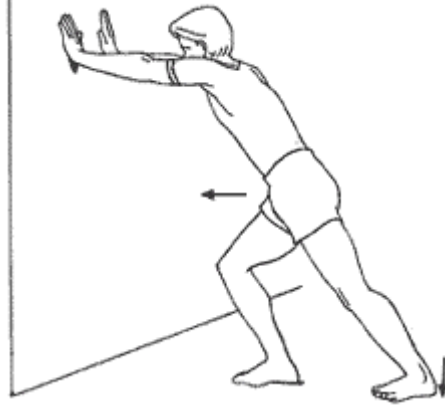


Plantar Fasiitis Program



KEEPING BACK AND LEG STRAIGHT WITH HEEL ON FLOOR LEAN INTO WALL UNTIL A STRETCH IS FELT IN THE CALF.

Repeat:	3 times	Sets:	0
Hold Time:	20 secs	Resistance/Time:	0
Sessions:	2 /day		



STANDING WITH BALL OF YOUR FOOT ON THE EDGE OF A STEP LOWER YOUR HEEL TOWARD THE GROUND FEELING A GENTLE STRETCH IN THE AND ARCH OF YOUR FOOT.

Repeat:	10 times	Sets:	1
Hold Time:	5 secs	Resistance/Time:	0
Sessions:	2 /day		



RAISE BOTH HEELS OFF THE GROUND MOVING ONTO THE BALLS OF YOUR FEET.

Repeat:	10 times	Sets:	2
Hold Time:	5 secs	Resistance/Time:	0
Sessions:	2 /day		