

## Stretching Exercises

### Foot/Heel

#### 1) Bottle Stretches

Using a glass 8 oz. coke bottle place it on the floor and apply pressure with arch of the foot and begin rolling along the bottom of the foot. Roll from the heel to the toe. Do this for 3-5 minutes 4 times daily or anytime you have been sitting for more than 30 minutes. For the evening stretch use a 20oz plastic pop bottle that is filled with frozen water. The frozen bottle roll is done for 15-20 minutes. An alternative to the coke is 1 ¼ in PVC.



### Leg/Calf

#### 2) Wall Push-Ups

Stand facing the wall with toes pointing directly to wall. Lean forward until hands rest on wall. Take one step back with one foot and slowly start to drop the heel to the floor or until good stretch is felt in calf. Hold this position for a count of 10, return to rest position and repeat 5 times. Then repeat with other leg. It is important to keep posture erect and do not bounce.



#### 3) Wall foot stretch

Face the wall and place toes and ball of the foot against the wall. Make sure to keep good posture and keep pelvis and behind angled toward the wall. Maintain support on wall for balance. Hold for count of 10. Repeat 5 times. Do same with opposite foot. Do not bounce.



#### 4) Towel Stretch

Sit down on the on the floor, bed or couch and extend legs out. Using long bath towel or belt – loop around the ball of foot and grasp ends with both hands. Pull back on the foot towards yourself, and then point toes away from you. Hold each position for count of 10. Repeat 5 times. Do same with opposite foot.



#### 5) Apply Ice pack after stretching exercises.

6) Contrast bathes on the foot is useful. Sitting on the edge of the bath tub, run water over the foot for a total of 10-15 minutes. Alternate every 1-2 minutes warm as can tolerate and then cold. Always end with cold.

7) Dixie Cup Massage – freeze small Dixie cup with water. Peel ¼ of top of cup away and massage painful area for 20 minutes.

8) No bare feet; good supportive shoes with arch supports.

8) You may require prescription orthotics if above does not help with pain. Talk to the office staff.