

Plantar Fascia Stretches

Towel Stretch

30 seconds each foot
2 times each



Standing Calf Stretch

30 seconds each foot
2 times each



Plantar Fascia Stretch

30 seconds each foot
2 times each



Frozen Can/Ball Roll

30 seconds each foot
2 times each



Toes Pull Stretch

30 seconds each foot
2 times each



Foot Towel Scrunch

30 seconds each foot
2 times each

