



### ADVICE

Avoid those activities which aggravate your pain (e.g walking or running).

SETS & REPS: N/A

FREQUENCY: N/A



### AVOID FLIP-FLOPS

Avoid wearing flip-flops

SETS & REPS: N/A

FREQUENCY: N/A



### AVOID HIGH HEELS

Avoid high heels.

SETS & REPS: N/A

FREQUENCY: N/A



### PLANTAR FASCIA ICE MASSAGE

Place a frozen water bottle on the floor and roll the bottle back and forth under your foot for 10 minutes. Do this at the end of each day and after activity.

SETS & REPS: 10 mins

FREQUENCY: Daily



### PLANTAR FASCIA MASSAGE

Sitting, place a golf ball on the floor and roll the ball around under your foot concentrating on the tight, tender areas.

SETS & REPS: 2-5 mins

FREQUENCY: As needed

### PRONE GLUTEAL CONTRACTION

Lie face-down and place your hands on your buttock muscles. Contract your gluteals, feeling the muscles tightening beneath your hands and hold for 5 seconds. Relax and repeat.



SETS & REPS: 10 reps

FREQUENCY: 1-2 x daily

### GLUTEAL STRETCH

Sit on a chair and place your ankle on your opposite knee. With both hands, gently push down the knee of the crossed leg. Maintaining a straight back, bend forwards from the hips until you feel a stretch. Hold.



SETS & REPS: 2 minute hold

FREQUENCY: 1-2 x daily

### HAMSTRING STRETCH

Place your heel on a knee-height table/chair with your knee slightly bent and tilt your pelvis forwards. While keeping your back straight, lean forwards until you feel a stretch in your hamstring.



SETS & REPS: 2 minute hold

FREQUENCY: 1-2 x daily

### GASTROCNEMIUS STRETCH

Pressing against a wall with your front leg bent and back leg straight, lean your body forward until you feel a stretch in the calf of your back leg. Hold.



SETS & REPS: 30sec hold

FREQUENCY: 1-3 x day

### SOLEUS STRETCH

Pressing against a wall with one foot in front of the other and your knees bent, drop your hips down towards the ground, bending your back knee further, until you feel a stretch. Keep the heel of your back leg down and feet pointing forwards. Hold.



SETS & REPS: 2 minute hold

FREQUENCY: 1-2 x daily