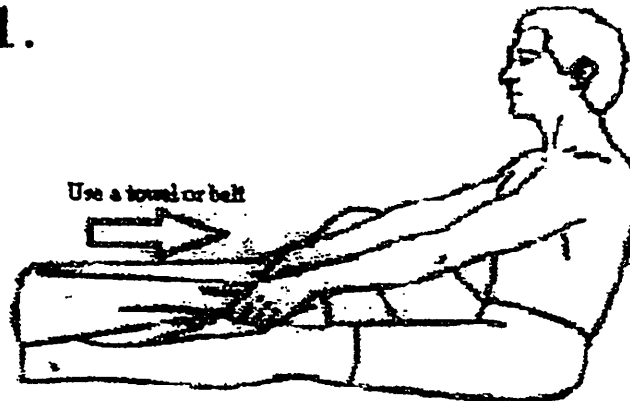


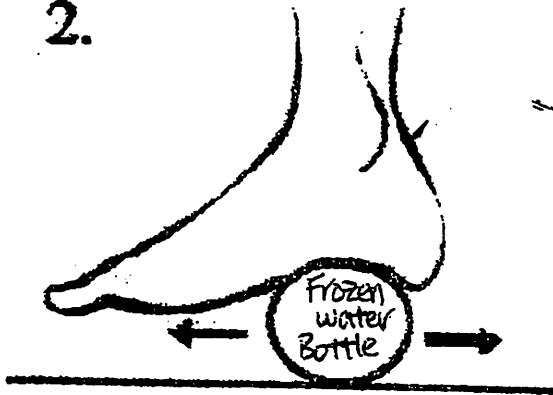
## Stretching the Plantar Fascia

The following exercises are used in the treatment of plantar fasciitis. Hold each stretched position for 10 seconds, repeating 10 times. This should be done 3 times per day, especially in the morning before getting out of bed, and in the evening before bed.

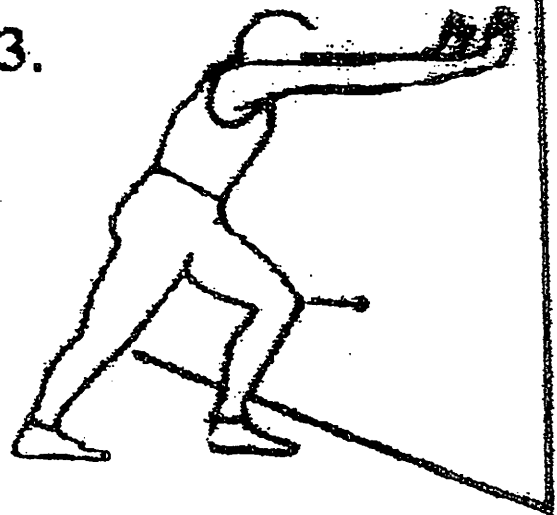
1.



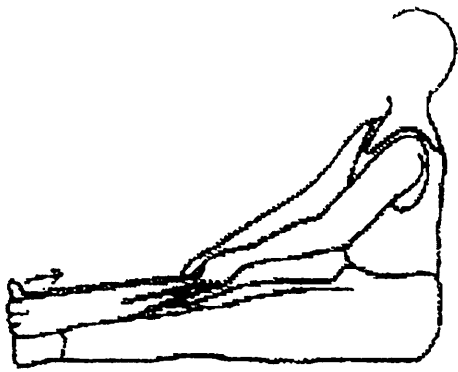
2.



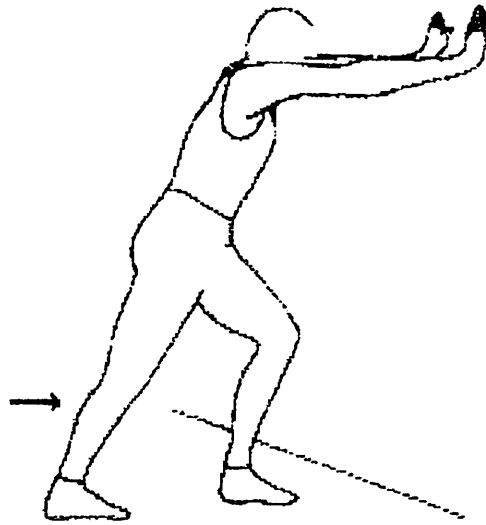
3.



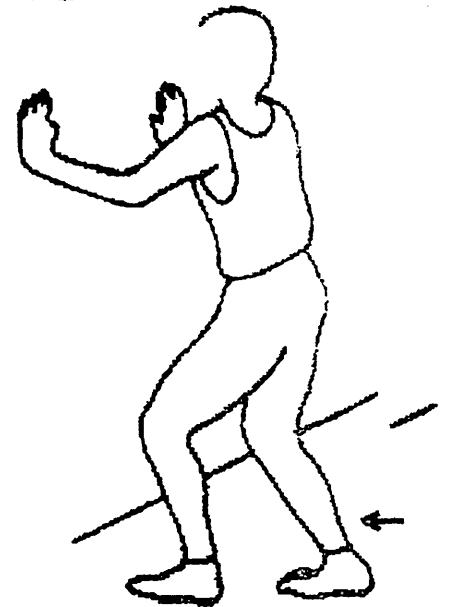
# ACHILLES TENDONITIS EXERCISES



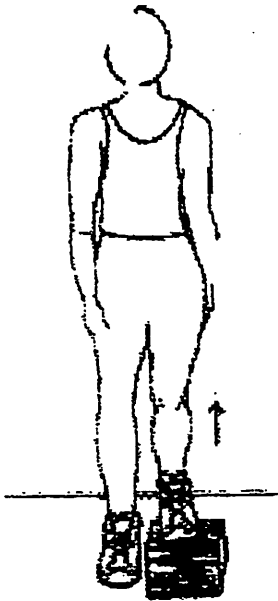
**Towel stretch**



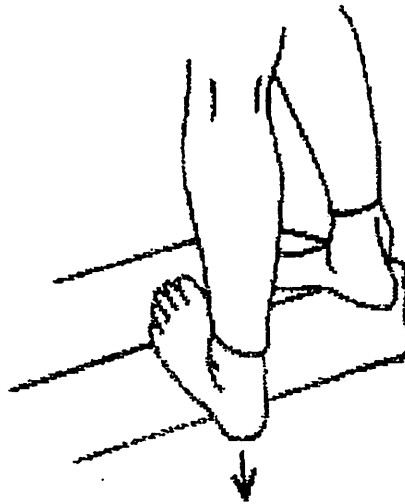
**Standing calf stretch**



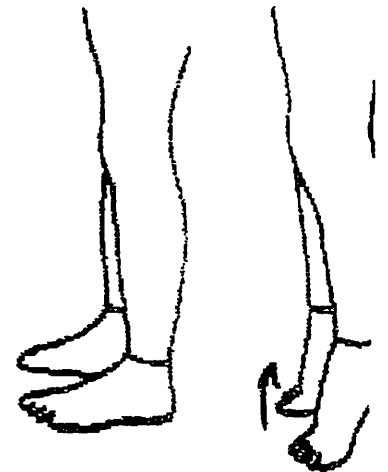
**Standing soleus stretch**



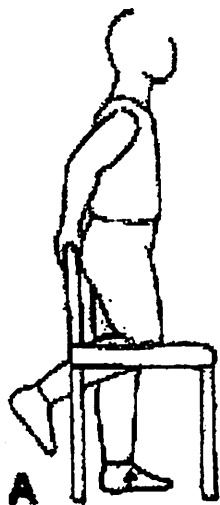
**Step-up**



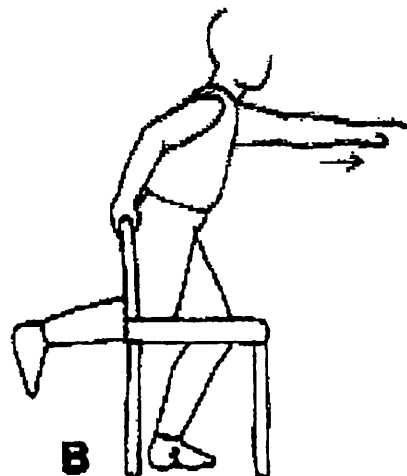
**Plantar fascia stretch**



**Heel raises**



**A**



**B**



**C**

**Static and Dynamic Balance Exercises**