



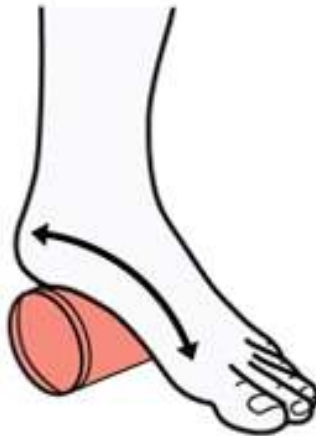
Stand facing a wall and place both hands against it.
Step the affected foot back, keeping the heel flat on
the floor and the knee straight.
Bend your front knee and gently lean toward the
wall.
Keep your back heel firmly on the floor until you
feel a stretch in the calf.
Hold for 20–30 seconds, then relax.
Repeat 2–3 times on each side.

Sit comfortably with your affected foot flat on the floor.
Place a small towel under your foot.



Keeping your heel on the floor, curl your toes to grip and pull the towel toward you.
Release the towel and relax your toes.





Sit comfortably with your affected foot resting on the floor.

Place a tennis ball, massage ball, or frozen water bottle under the arch of your foot.

Gently roll your foot forward and backward over the object.

Apply light, comfortable pressure as you roll from the heel toward the ball of the foot.

Continue for 1-2 minutes, then relax.

Repeat 2-3 times per day, especially before or after activity.