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STRETCHING EXERCISES FOR PLANTAR FASCIITIS AND LOWER LEG CONDITIONS

_____ 1. **ANKLE AND LEG STRETCH:** BEFORE GETTING OUT OF BED OR RISING FROM THE SEATED POSITION, YOU NEED TO STRETCH THE ANKLE AND LEG MUSCLES. USING A TOWEL OR ELASTIC BAND ABOUT YOUR FOREFOOT, GENTLY PULL YOUR FOOT AND ANKLE TOWARDS YOUR LEG. KEEP YOUR KNEE STRAIGHT. YOU SHOULD FEEL A PULL IN YOUR CALF MUSCLES. HOLD FOR 5 SECONDS THEN RELEASE YOUR FOOT. REPEAT 10 TIMES FOR EACH LEG. DO THIS EXERCISE TWICE A DAY.

_____ 2. **BACK AND THIGH STRETCH:** SITTING AT BEDSIDE WITH YOUR KNEES BENT. BEND YOUR UPPER BODY FORWARD TRYING TO TOUCH YOUR TOES. LET YOUR UPPER BODY WEIGHT STRETCH YOUR BACK, THIGHS, AND UPPER CALVE MUSCLES. HOLD THIS POSITION FOR 5 SECONDS THEN STRAIGHTEN YOUR BACK USING YOUR ARMS AND SHOULDER PRESSING UP ON YOUR KNEES. DO NOT USE YOUR BACK MUSCLES. REPEAT THIS STRETCH 10 TIMES. IT DOES NOT MATTER WHETHER YOU ARE ABLE TO TOUCH YOUR TOES; YOUR UPPER BODY WILL DO THE WORK. THEN STAND UP AND REPEAT THE EXERCISE WITH YOUR KNEES STRAIGHT. DO THIS EXERCISE TWICE A DAY.

_____ 3. **GASTROCNEMIUS STRETCH:** STAND FACING A WALL WITH HAND EXTENDED BRACING ON THE WALL. STEP FORWARD WITH ONE FOOT AND THE REAR LEG STRAIGHT WITH HEEL ON THE GROUND. LEAN YOUR HIP FORWARD TOWARD THE WALL. HOLD THIS POSITION FOR 15 SECONDS. REPEAT TWICE. REPEAT THIS EXERCISE REVERSING FOOT POSITIONS. DO THIS EXERCISE TWICE A DAY.

_____ 4. **SOLEUS STRETCH:** STAND FACING THE WALL WITH LEFT FOOT IN FRONT OF RIGHT FOOT. PLACE HANDS ON WALL FOR SUPPORT. BEND BOTH KNEES KEEPING HEELS ON GROUND. WHEN YOU FEEL THE STRETCH, HOLD THAT POSITION FOR 15 SECONDS, REPEAT TWICE MORE. REPEAT THIS EXERCISE WITH THE RIGHT FOOT IN FRONT OF THE LEFT FOOT. DO THIS EXERCISE TWICE A DAY.