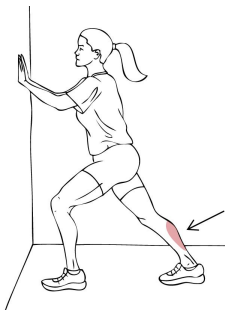




BIG RAPIDS FOOT & ANKLE

103 S. STATE ST
BIG RAPIDS, MI 49307

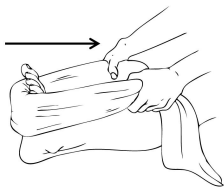
PLANTAR FASCIITIS STRETCHING PROGRAM



1. Stand placing hands on wall for support. Place your feet

pointing straight ahead, with the involved foot in back of the other. The back leg should have a straight knee and front leg a bent knee. Shift forward, keeping back leg heel on the ground, so that you feel a stretch in the calf muscle of the back leg.

2. Hold 45 seconds, 2-3 times. Repeat 4-6 times per day.

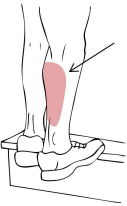


Towel Stretch

The towel stretch is effective at reducing morning pain if done before getting out of bed.

1. Sit with involved leg straight out in front of you. Place a towel around your foot and gently pull toward you, feeling a stretch in your calf muscle.
2. Hold 45 seconds, 2-3 times. Repeat 4-6 times per day.

Calf Stretch on a Step

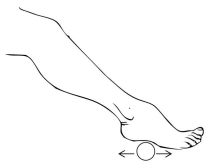


1. Stand with uninvolved foot flat on a step. Place involved ball

of foot on the edge of the step. Gently let heel lower on involved leg to feel a stretch in your calf.

2. Hold 45 seconds, 2-3 times. Repeat 4-6 times per day.

Ice Massage Arch Roll



1. With involved foot resting on a frozen can or water bottle,

golf ball, or tennis ball, roll your foot back and forth over the object.

2. Repeat for 3-5 minutes, 2 times per day.

This problem has developed over time and will take time to cure. Please be sure to keep your appointment with Dr. Mossel to ensure your treatment is helping or if it needs to be re-assessed.