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## ACHILLES TENDON (HEEL CORD) STRETCHES

1. Lean against a wall with one knee locked and the other bent. You will feel a pull in your calf muscles.
2. Hold the stretch for 30 seconds & alternate the locking and bent knees.
3. Repeat this exercise at least 5 times a day.

### Notes:

1. You should never feel pain in the heel. If you do you must decrease the force of the stretch.
2. Keep your REAR foot STRAIGHT AHEAD and not turned out.
3. Don't bounce while you are stretching.

## PLANTAR FASCIAL STRETCHES

1. Raise toes toward you while bending your ankle as high as you can.
2. Hold this position for 15 seconds.
3. Alternate doing this with the opposite foot 10 times.
4. Perform this exercise 2- 3 times a day.

PHOENIX / GLENDALE / GOOD YEAR  
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