



## Essex-Union Podiatry LLP

*Dedicated to Foot and Ankle Health*

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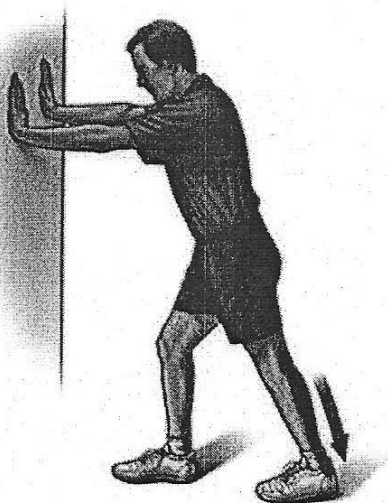
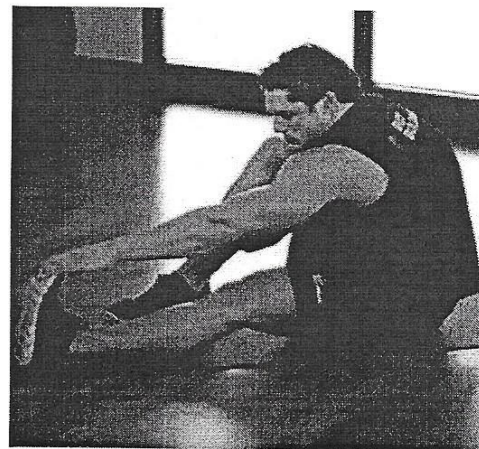
*\*Board Certified in Foot And Ankle Surgery*

### Heel Cord and Plantar Fascia Stretching Exercise

- It is very important to the resolution of heel pain and or fasciitis to perform the following stretches twice a day for the recommended number of repetitions.

#### Seated Stretches

This Stretch should be maintained for 30 seconds and repeated 10 times, twice daily. An alternate method of this stretch can be achieved with an elastic band or towel held as a stirrup beneath the forefeet and pulled toward the chest and held for 30 seconds also for 10 repetitions twice daily. If this stretch is done in the morning prior to exiting the bed, it will be helpful in reducing the AM symptoms of stiffness or pain.



#### Standing Stretches

This stretch can be done on arising from and before retiring to bed. Alternate legs. Hold the stretch for 30 seconds, 5 times each leg. Note that the toes are facing the wall and the rear leg has a straight knee with the heel touching the ground.

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