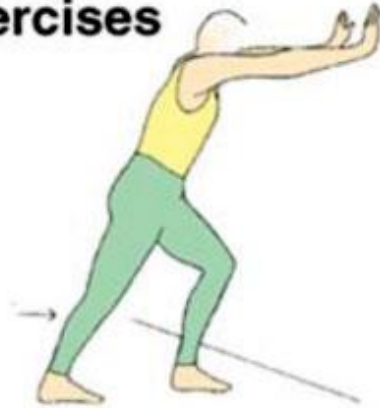


Plantar Fascitis Exercises



Towel stretch



Standing calf stretch



Plantar fascia stretch



A



B



C

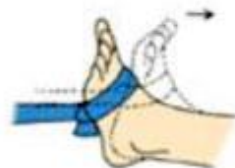
Static and dynamic balance exercises



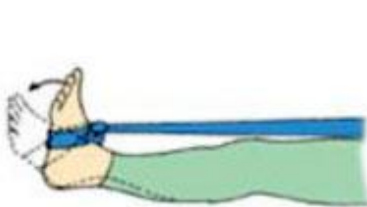
Towel pickup



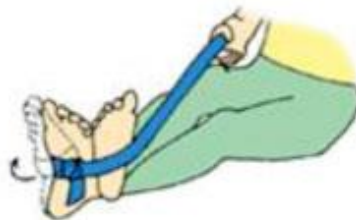
Frozen can roll



Resisted dorsiflexion



Resisted plantar flexion



Resisted inversion



Resisted eversion