

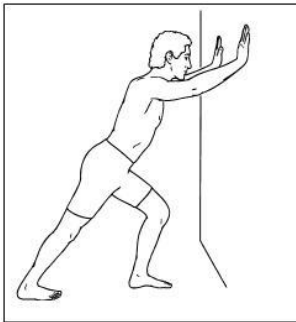
Plantar Fasciitis Exercises

Dr. Frank Noojin, MD

1. Cross foot over opposite knee
Pull toes toward knee on same side/use both hands (NO ankle rotation!)
Hold 10 times for 10 seconds each time



2. Standing Calf Stretch
Hold 25 to 30 seconds
 - Do 2 sets with knee straight



Do 2 sets with knee bent



3. Frozen Bottle Roll
Do for 10-12 minutes or until numb



