

Diablo Podiatry

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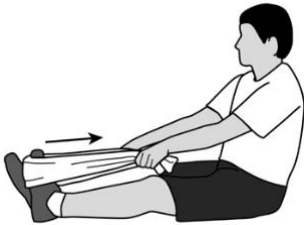
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Achilles Tendon/Plantar Fascial Stretching

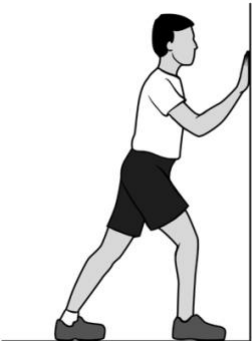
You can split your stretching time any way you want as long as you do one of these exercises for a total of 30 minutes per day minimum. There is no maximum time for stretching. The more stretching you do, the faster your pain will improve.

Towel Stretch:



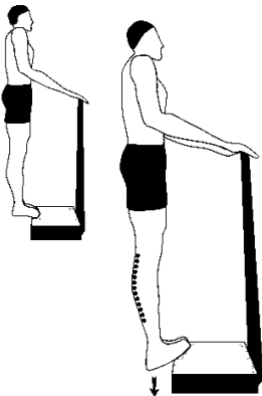
Keep your back straight, hold a solid object like a blanket or towel with both of your hands, and loop it around the ball of your foot. Make sure that you are keeping your knee fully extended. You may need to place a pillow under your feet to keep your knee locked. Make sure your knee cap is faced up. Keep your foot relaxed. It will not do any work during this stretch. With your hands, you will pull your foot towards your nose. Hold it for 30 seconds when you feel a gentle stretch. Alternate with the other foot and repeat.

Runner's Stretch



Place both of your hand on a wall at eye level. Place the leg you want to stretch behind you. Make sure you keep your heel on contact with the ground and toes pointed towards the wall. Bend the other knee towards the wall while keeping your back leg straight. Lean your body into the wall until you feel a gentle stretch. Hold the position for 30 seconds. Alternate with the other foot and repeat.

Off the curb Stretch:



Find a step or curb. Place the ball of the foot that you want to stretch on the edge of the step. Keep your back straight and your knee extended. Let your heel drop down until you feel a gentle stretch. Do not get too aggressive with this stretch. Hold onto something stable for support and so you don't put full weight on one foot. Your other foot will stay relaxed during the stretch. Hold the position for 30 seconds. Alternate with the other foot and repeat.