

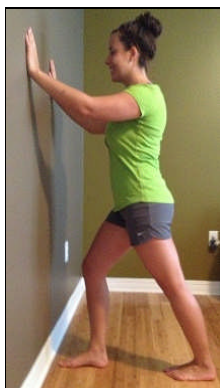


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Daily Stretches



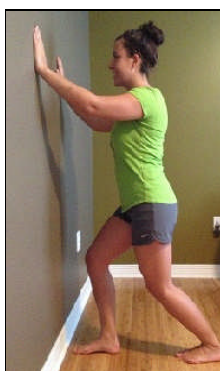
Gastrocnemius – With Supportive Shoes

*Stand in a lunge position and support the upper body against the wall

*Keep the back foot on the floor, the back knee straight and bend the front knee

*Shift the body weight forward through the pelvis in order to feel the stretch in the upper calf muscle

x/day	x 2
Reps	x 5
Hold	30 sec



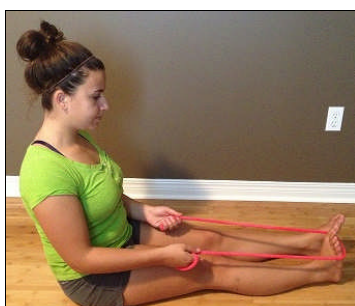
Soleus – With Supportive Shoes

*Stand in a lunge position and support the upper body against the wall

*Keep the back foot on the floor and bend both knees

*Shift the body weight forward through the pelvis to feel the stretch in the lower calf muscle

x/day	x 2
Reps	x 5
Hold	30 sec



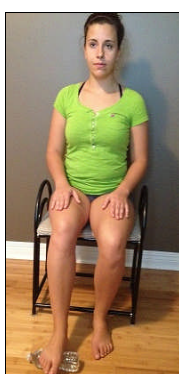
Calf Muscles

*Sit with the back straight and legs extended

*Use a tensor band, a towel or a belt to wrap the foot around the forefoot at the ball

*Pull gently straight toward the body

x/day	x 2
Reps	x 5
Hold	30 sec



Fascia

*Use a water bottle, a can or a tennis ball and place on the floor

*Roll gently under the entire foot by extending foot forward and rolling back toward the body

*If there is inflammation, use a frozen water bottle. The ice will help decrease the pain

x/day	x 2
Reps	x 5
Hold	30 sec