

Plantar Fasciitis Exercises



Towel Stretch



Calf Stretch



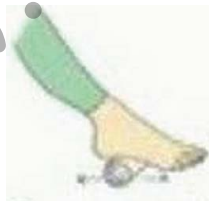
Plantar Fascia Stretch



Dynamic Balancing Exercises



Towel Pickup



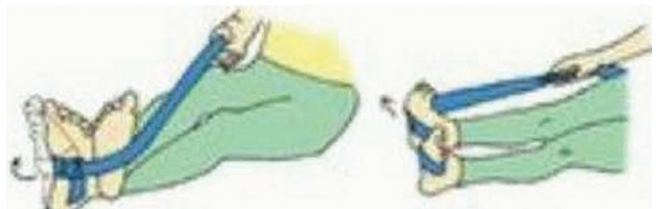
Frozen Can Roll



Resisted DorsiFlexion



Resisted Plantar Flexion



Resisted Inversion

Resisted Eversion