

1. Soleus Stretch:

With both knees apart and your toes facing forward, lean into the wall until you feel the stretch in your lower calf. Hold for 30 seconds and repeat 3 times.



2. Step Stretch:

Stand with your toes on a step and your heels off the edge. Slowly lower your heels down, hold for 15 seconds, and then lift your heels to their starting position. You can either do both feet at the same time, or one foot at a time. Repeat five times.



3. Roll Stretch:

Using a [Mini Thera-Roll](#), roll it back and forth from your toes to your heels. This is great for a long day on your feet or to help relieve stiffness or swelling.



4. Plantar Fascia Massage:

Using two fingers, apply small circular friction to any tight knots or lumps in the plantar fascia. The pressure should be deep, but not so much that you tighten up with pain.



5. Elastic Strap Stretch:

Sit on the floor with your legs straight in front of you. Take a [stretch strap](#) and place it around your toes. Gently pull the strap towards you. Hold for 15 to 30 seconds, then release. Repeat 3 times.



6. Toe Stretch:

Place just toes up on the wall with the ball of the foot and heel on the ground. Lean into the wall slowly until the stretch is felt. Hold for 30 seconds and repeat 3 times.

