



Toe Yoga



Treat the big toe as one and the other four toes as a single unit. Extend(point) the big toe while flexing(curling) the rest of the toes. Follow this by reversing the motion.

- *If you have a hard time doing this, you can use your fingers to secure the big toe down as you move your other four toes and vice versa.*

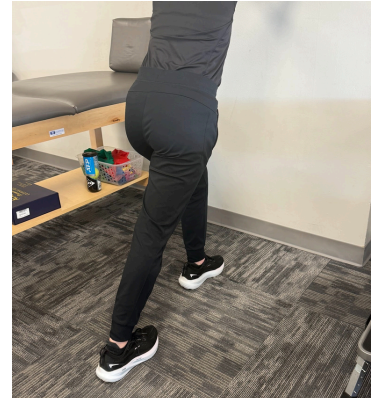
Reps: 10

Sets: 3

Hold: 5s

Frequency: Daily

Calf Stretch (Straight Knee)



Stand facing a wall and place your hands on it for support. Step one foot back, keeping that knee straight and your heel flat on the ground, while your front knee bends slightly. Gently lean your body forward until you feel a stretch in the calf of the back leg (this targets the gastrocnemius).

Keep your toes pointed straight ahead and avoid letting your back heel lift.

Reps: 5

Sets: 1

Hold: 30s

Frequency: Daily

Calf Stretch (Bent Knee)



Stand facing a wall with your hands for support. Step one foot back, but this time slightly bend the back knee while keeping your heel down on the ground. Bend your front knee and gently lean forward until you feel a stretch lower in the calf near the Achilles (this targets the soleus).

Keep your toes pointing straight ahead and avoid letting your heel lift.

Reps: 5

Sets: 1

Hold: 30s

Frequency: Daily

Heel Raises



Stand upright with your feet hip-width apart, using a wall or counter for balance if needed. Slowly rise up onto the balls of your feet by lifting your heels off the ground, keeping your ankles aligned and weight evenly distributed. Pause briefly at the top, then lower your heels back down in a controlled manner. Focus on smooth, controlled movement to strengthen the calf muscles.

Reps: 10

Sets: 3

Hold: 3-5s

Frequency: Daily



Towel Scrunch



Sit in a chair with your foot flat on the floor and a small towel laid out in front of you. Keeping your heel down, use your toes to scrunch or "grab" the towel toward you, bunching it up under your foot. Relax your toes and repeat until the towel is fully gathered, then reset and continue.

Reps: 10
Sets: 3
Hold: 3-5s
Frequency: Daily

Big Toe Stretch



Sit comfortably and cross one foot over your opposite knee. Using your hand, gently grasp your big toe and pull it upward into extension until you feel a stretch along the bottom of your foot and into the arch. Keep the rest of your foot relaxed and avoid forcing the motion.

Reps: 5
Sets: 1
Hold: 30s
Frequency: Daily

Ice Massage



Place a frozen water bottle on the floor and sit or stand comfortably. Position the arch of your foot on top of the bottle and gently roll it back and forth from your heel to the ball of your foot. Apply light to moderate pressure, adjusting as needed for comfort. Continue for a few minutes, focusing on any tender areas.

Reps: 5
Sets: 1
Hold: 30s-1min
Frequency: Daily

Ball Roll



Place a small ball (like a tennis or lacrosse ball) on the floor and position your foot on top of it. Gently roll the ball under your foot from your heel to the ball of your foot, applying light to moderate pressure. Pause on any tender spots for a few seconds to help release tension. Keep the movement slow and controlled to massage the plantar fascia.

Reps: 5
Sets: 1
Hold: 30s
Frequency: Daily

Towel Stretch



Sit on the floor with your legs extended straight out in front of you. Loop a towel or strap around the ball of your foot, holding the ends in your hands. Keeping your knee straight, gently pull the towel toward you to bring your toes up toward your shin until you feel a stretch along the back of your calf. Keep your posture upright and avoid rounding your back.

Reps: 5
Sets: 1
Hold: 30s
Frequency: Daily