
Dowel

(Plantar Tissue Stretch)



Why Do This Exercise?

To help free up the restrictions caused by subluxation.

How To Do This Exercise?

1. Stand on carpet or a rug with your toes slightly over the dowel.
2. Slowly walk your feet forwards over the dowel, one small step at a time, stopping at any points that are tender for a count of 4 seconds.
3. Continue this slowly until you have walked over the entire dowel. Step back to the beginning and start again.
4. This exercise will be uncomfortable to do but it should not be extremely painful. If pain is severe please discontinue and advise the practitioner.

How Often?

Walk over dowel Times 1 2 3 times daily



NOTE: The dowel DOES NOT MOVE during this exercise.