

---

# Saying Your Prayers

## (Plantar Tissue Stretch - Passive)



---

### Why Do This Exercise?

This exercise helps to stretch the tissues through the bottom of your feet and extends the range of motion in your toes.

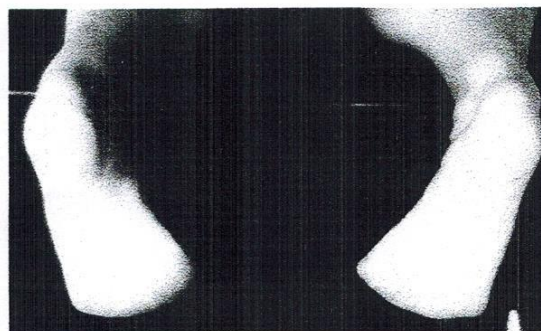
### How To Do This Exercise?

1. Kneel on the ground, curl your toes under and turn your ankles out so that all of your toes are in contact with the ground.
2. Slowly lower yourself so that your bottom is resting on your feet (if possible).

### How Often?

Hold for .....secs / ..... sets      1   2   3   times daily

---



---

NOTE: Knees can be placed on a pillow or cushion for support and/or comfort.