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### Ankle/Foot Plantar Fascia Stretch

Standing with ball of foot on stair, reach for bottom step with heel until a stretch is felt through the arch of the foot.

Hold for \_\_\_ seconds. Relax. Repeat \_\_\_ times. Do \_\_\_ sessions per day.



**Plantar fascia stretch**

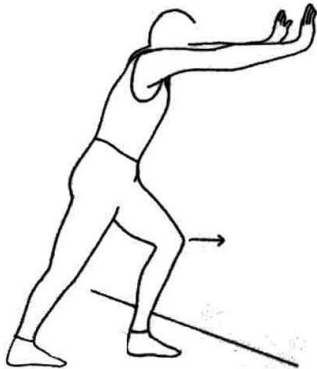
**Bent Knee Stretch for Soleus**



### Soleus Stretch

Stand with both knees bent and involved foot back. Gently lean in to wall until stretch is felt in lower calf.

Hold for \_\_\_ seconds. Repeat \_\_\_ times. Do \_\_\_ sessions per day.



### Gastroc Stretch

Keeping your back leg straight with the heel on the floor and turned slightly outward, lean in to wall until a stretch is felt in calf.

Hold for \_\_\_ seconds. Repeat \_\_\_ times. Do \_\_\_ sessions per day.

**Standing calf stretch**

### One Foot Balance



Attempt to balance on involved leg. Begin with eyes open and then attempt to perform exercise with eyes closed.

Hold for \_\_\_ seconds. Repeat \_\_\_ times. Do \_\_\_ sessions per day.