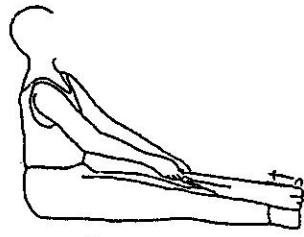
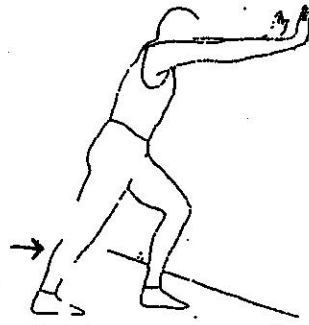


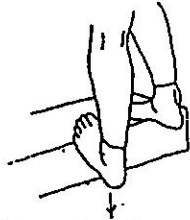
# Plantar Fasciitis Exercises



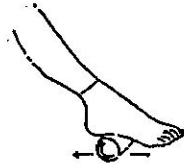
Towel stretch



Standing calf stretch



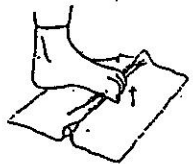
Plantar fascia stretch



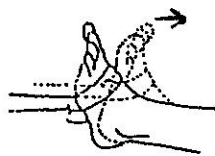
Frozen can roll



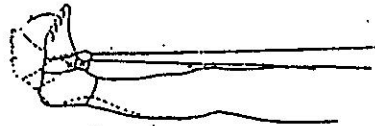
Sitting toe raise



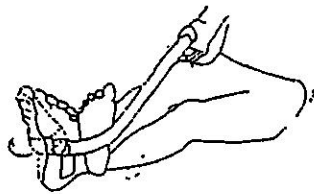
Towel pickup



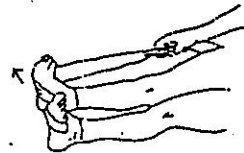
Resisted dorsiflexion



Resisted plantar flexion



Resisted inversion



Resisted eversion