



## Towel stretch

1. Sit with involved leg straight out
2. Place a towel around your foot
3. Gently pull toward you
4. Feel a stretch in your calf muscle
5. Hold **30 seconds**, repeat 3 times
6. Repeat this exercise 2 - 3 times a day

Effective at reducing morning pain if done before getting out of bed



## Wall calf stretch

1. Stand placing hands on wall for support
2. Place your feet pointing straight ahead
3. Place the involved foot in the back of the other
4. The back leg should have a straight knee
5. Front leg should be bent at knee
6. Shift forward, keeping back leg heel on the ground
7. Feel a stretch in the calf muscle of the back leg
8. Hold 30 seconds and then repeat 2 - 3 times per each leg
9. Repeat this exercise 2 - 3 times a day



## Ice roll arch massage

1. Place the foot on a frozen water bottle
2. Roll your foot back and forth over the bottle
3. Repeat this for 3-5 minutes
4. Repeat 2 - 3 times a day

