



ARCH SELF-MASSAGE / MOBILISATION

Sit on the edge of a chair with a tennis ball placed beneath the arch of your foot. Apply downward pressure and roll the ball backward and forward from the ball of your foot to your heel; then in small circles. Spend a few minutes massaging your arch. Finish by applying firm downward pressure mid-way down the arch (pictured) for 20-30 seconds.

SETS & REPS: 3-5mins

FREQUENCY: 3-4 x week



PLANTAR FASCIA STRETCH

Sit in a chair with one leg crossed over the other. Grasp the toes of the foot on top and gently pull them back toward the shin until you feel a stretch in the arch. Hold for 10 seconds then relax and repeat.

SETS & REPS: 5-10 reps

FREQUENCY: 2-3 x day



PLANTAR FASCIA STRETCH

Place your toes in a flexed position up against a step. Slowly bend your knee until you feel a stretch. Hold.

SETS & REPS: 30sec hold

FREQUENCY: 3-4 x day



GASTROCNEMIUS STRETCH

Pressing against a wall with your front leg bent and back leg straight, lean your body forward until you feel a stretch in the calf of your back leg. Hold.

SETS & REPS: 30sec hold

FREQUENCY: 3-4 x day



GASTROCNEMIUS STRETCH ON STEP

With the ball of your foot on the edge of a step and your knee straight, slowly drop your heel down until you feel a stretch in your calf. Hold.

SETS & REPS: 30sec hold

FREQUENCY: 3-4 x day