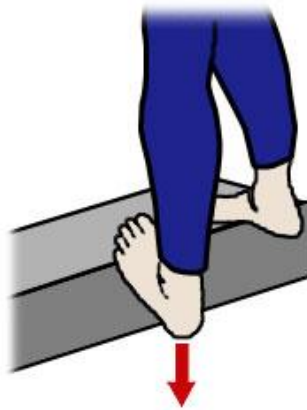


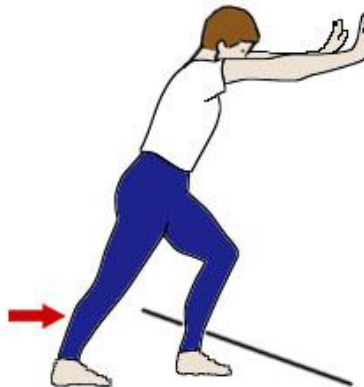
**RUTH ANN COOPER, D.P.M.**  
4415-B Aicholtz Road #200  
CINCINNATI, OHIO 45245  
(513) 943-0400  
[www.ruthanncooperdpm.com](http://www.ruthanncooperdpm.com)

## ***STRETCHING EXERCISES FOR PLANTAR FASCIITIS***

1. Use “FOOT-ROLLER” to stretch the Plantar Fascia and improve flexibility.
2. Stand on a step with heels hanging over the edge and let your heels hang down for 15-20 seconds. Gradually increase the duration of this exercise to three minutes, three times per day



3. Stand facing a wall about two feet from the wall. With one foot forward and the knee slightly bent and one knee straight and both heels flat on the floor, lean hands onto wall and hold for 15-20 seconds. Gradually increase the duration of this exercise to three minutes, three times per day



**Avoid going barefoot or wearing non-supportive shoes such as sandals, slippers or moccasins.**

**Always wear good walking shoes! Dr. Cooper prefers New Balance brand shoes.**