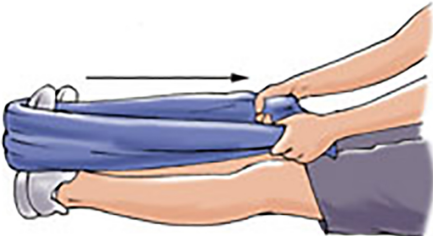


# Plantar Fasciitis Rehabilitation Exercises



Prone hip extension



Towel stretch



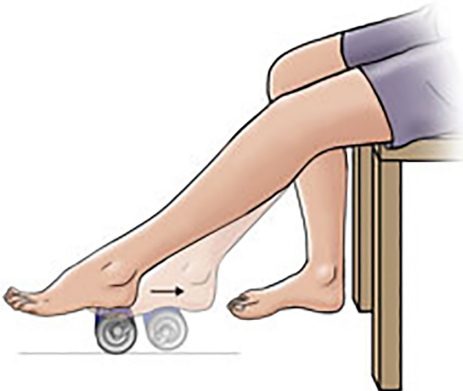
Standing calf stretch



Sitting plantar fascia stretch



Achilles stretch



Frozen can roll