

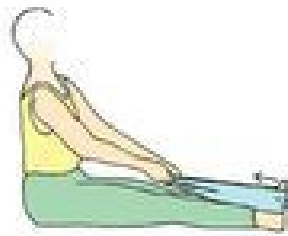


**Complete Foot & Ankle**  
Your Complete Solution to Foot and Ankle Pain

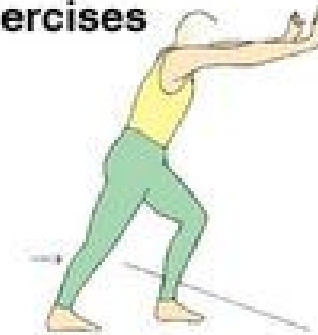
Ridgewood and Garfield Locations

Phone 201-445-2288

**Plantar Fasciitis Exercises**



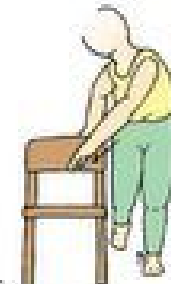
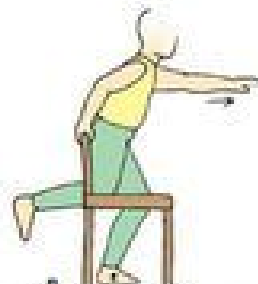
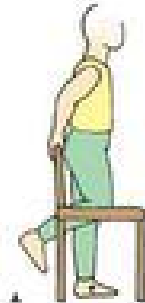
**Towel stretch**



**Standing calf stretch**



**Plantar fascia stretch**



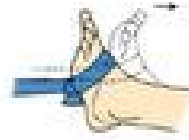
**Static and dynamic balance exercises**



**Towel pickup**



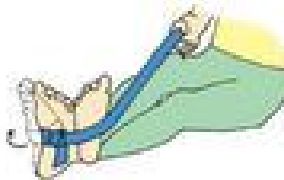
**Frozen can roll**



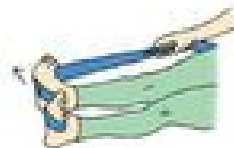
**Resisted dorsiflexion**



**Resisted plantar flexion**



**Resisted inversion**



**Resisted eversion**