



Calf and Foot Exercise



Keeping your toes pointed down, raise the top of your foot toward your knee



Keeping your toes pointed up bring your foot back down

Indications This is a great exercise to help with foot and calf problems including plantar fasciitis.

Cautions This exercise may be difficult in the beginning. Your foot may cramp when you first do this, but it should get better with practice. If your foot cramps just try to raise your toes against resistance and the cramp will release.

Technique

1. Curl your toes.
2. Bring the top of your foot toward your knee while keeping the toes curled.
3. Raise your toes.
4. Bring your foot back down while keeping the toes raised.

Do this 20 times at night when going to bed and 20 times in the morning before getting out of bed. The morning exercise is best for plantar fasciitis.

Video Video of this exercise is in the free section of the massage technique library at MassageLibrary.com