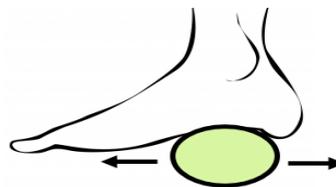




ICED WATER BOTTLE STRETCH



1. A simple way to massage the plantar fascia ligament is an *iced water* bottle stretch. The easiest way to accomplish this exercise is to sit down on a steady chair. It may also be done standing.
2. Place the water bottle under your arch.
3. Start to slowly roll the iced water bottle from the heel to the ball of the foot. Be sure to apply a good amount of pressure but not too much that you feel pain.
4. Lean forward to apply more pressure if desired to increase the stretch.
5. Do this for 30-45 seconds on each affected foot.
 - a. Repeat 3-4 times daily.



ICED CIRCULAR BALL PRESSURE THERAPY

1. Ideal for pinpoint areas of pain on the heel.
2. Take a sports ball (Lacrosse, tennis, golf) and freeze.
3. In a sitting position, take frozen sports ball, and place under pain in heel area.
4. Apply moderate amount of pressure on sore spot
5. Roll the ball under the sore spot 30-45 seconds clockwise and counterclockwise.
6. Repeat 3-4 times daily



END OF DAY/NIGHTTIME ICING

1. This is a good icing technique for people on the run all day.
2. Place sock on affected foot/feet (never apply ice directly to skin)
3. Take any ice bag that will cover your entire heel (bottom, back and sides)
4. Secure ice bag to heel with an elastic bandage
5. Place your iced foot on two pillows for 30-45 minutes.
 - a. Only ice foot for 10-15", then remove ice.
 - i. Remove ice sooner, once skin is numb.
 - b. Reapply elastic bandage for support and comfort.
6. Repeat nightly.



Put Your Foot Up By Elevating It And Placing Pillow under It For Support