



FASCIA AND TENDON STRETCHING



336 Oxford St.,
Ste. 104.
Chula Vista, CA 91911

P/F: (619) 567-3556
www.oxfordpodiatry.com

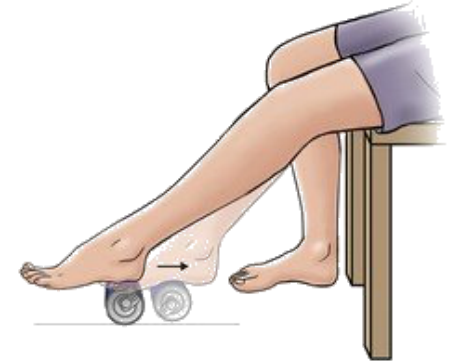
- 2 minutes per EACH stretch
- 8-9 times a day



Seated plantar fascia stretch



Standing hamstring stretch



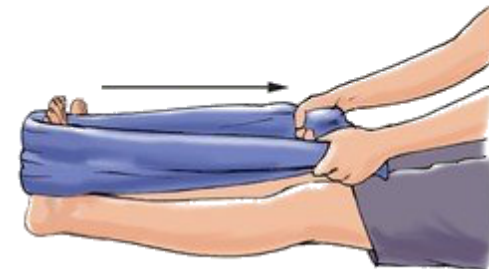
Frozen can roll



Standing calf stretch



Achilles stretch



Towel stretch



Thank you, Oxford Podiatry Team