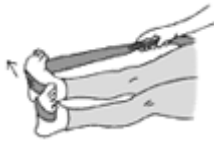




Plantar Fascia Exercises



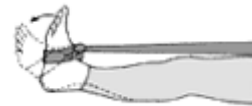
Static And Dynamic Balance Exercises



Resisted-Eversion



Resisted-Inversion



Resisted-Plantar-Flexion



Towel-Stretch



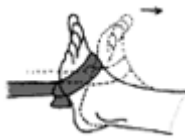
Standing-Calf-Stretch



Planter-Fascia



Frozen-Can-Roll



Resisted-Dorsiflexion



Towel-Pickup