

PAIN FREE PHYSIOTHERAPY CLINIC

31A, DDA Flats, Pkt - 2 Behind Sec - 6 Market, Dwarka New Delhi

PLANTAR FASCIA STRETCH



Plantar Fascia Stretch- while holding the hind foot (heel) with one hand as shown in the picture, grasp the toes with other hand and try to bend it towards the shin bone and feel for the stretch in the sole. www.pain free pl

Hold... Rep....