



Robyn Dey RMT
Massage Therapy

Intrinsic Foot Muscle and Plantar Fascia Stretch

In a standing lunge with stretching foot in back, start with the back toes on a book or similar with the ball of the foot on the floor if possible. The support leg is positioned in front.

Spread toes of the back foot out and lift heel as high as possible off ground. Further extend by bending the back knee down as low as possible while keeping the foot in position. You should feel a stretch in the sole of your foot.

