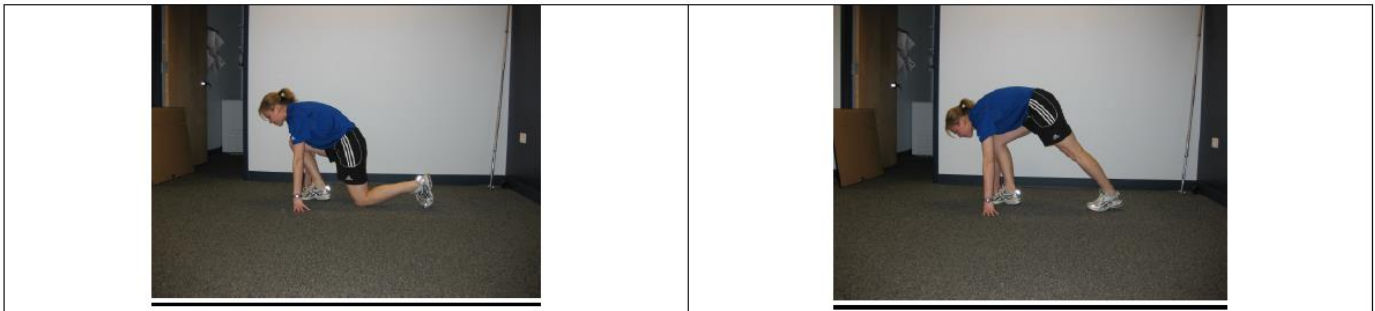


## Dynamic Stretches for Heel Pain

Inchworm: Start in a push-up position. Slowly inch feet up, keeping knees straight and flattening heels out. Then inch hands out. After 5 reps forward, repeat going backward (inching hands up first then kicking legs back).



Sprinter's Stretch: Start with front foot even with both hands, like sprinter starting at a block. Slowly extend both knees and flatten out back heel. Do 5 with back heel turned forward, 5 with back heel turned out, and 5 with back heel turned in. Repeat on other side.



Big Toe Rocks: Start in regular calf stretch position. Slowly rock up on big toe, then flatten heel out. Repeat 10 times with toe straight forward, 10 times with toe turning inside, and 10 more times with toe turning outside. Repeat on other side.

