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**Stretching Exercises**

1) Bottle Stretches

Using an old fashion coke bottle place it on the floor and apply pressure with arch of the foot and begin rolling along the bottom of the foot. Do this for 3-5 minutes anytime you have been sitting for more than 30 minutes. Also, u may use a 20oz pop bottle that is filled with water and frozen.

2) Wall Push-Ups

Stand facing wall 2-3feet away; point toes directly to wall. Lean forward until hands rest on wall. Maintain “military posture”. Bring one foot forward for support and slowly lower body to wall – important to keep posture erect. Lower body until back heel is about to come off floor or until good stretch is felt in calf. Hold this position for a count of 10, return to rest position and repeat 5 times. Then repeat with other leg. Do not bounce. Do same with opposite foot.

3) Remain in the same basic position. This time bring weight upon ball of foot while trying to “push floor away”. Go up on ball of foot until stretch is felt along bottom of foot. Maintain support on wall for balance. Hold for count of 10. Repeat 5 times. Do same with opposite foot. Do not bounce.

4) Towel Stretch

Can be done while watching TV or sitting in chair. Using long bath towel – put center of towel around ball of foot and grasp ends with both hands. Relax foot and leg and using arms only; flex the foot forward toward the shin until a stretch is felt. Hold for count of 10. Repeat 5 times. Do same with opposite foot.

5)Apply Ice pak before and after stretching exercises.

6) If possible contrast bathing of feet is useful. Soak for 10-15 minutes twice daily. 1 minute warm, 1 minute ice water. Alternate from warm to cold. Start with warm and end with warm.

7) No bare feet; good supportive shoes with pads or arch supports.

8) You may require prescription orthotics if above does not help with pain. Talk to the office staff.