



HEALTHY ROUTINES EDUCATIONAL SERIES

Golf ball Stretch*

Part 1:

- Place the ball under your foot without a lot of pressure.
- Roll the ball back and forth in front of your heel to the ball of your foot and repeat.

This should not be painful.

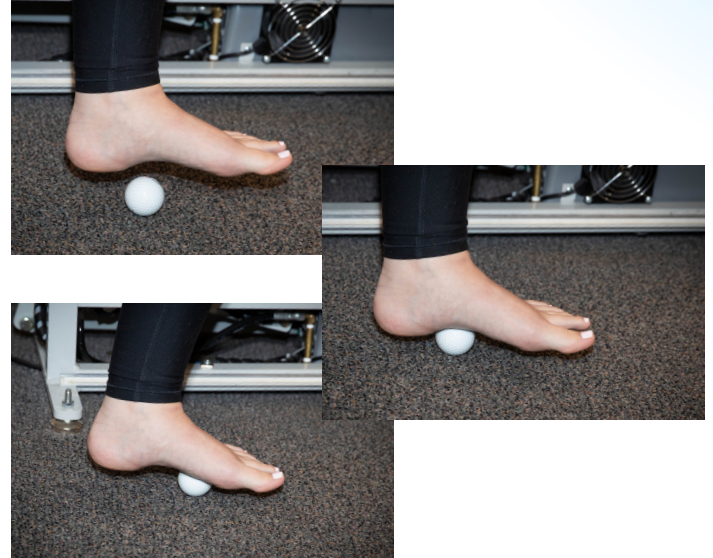
Benefits:

- Reduces tension and increase flexibility of foot arch
- Reduces pain associated with Plantar Fasciitis
- Helps break up scar tissue and adhesions that restrict movement and cause pain

Part 2:

- With the ball under your foot roll sideways from the inside of the arch to the outer side of your foot.

This should not be painful.



**Disclaimer: If during this exercise you have any pain or discomfort, discontinuing and contact our office*

Scan for video tutorial

