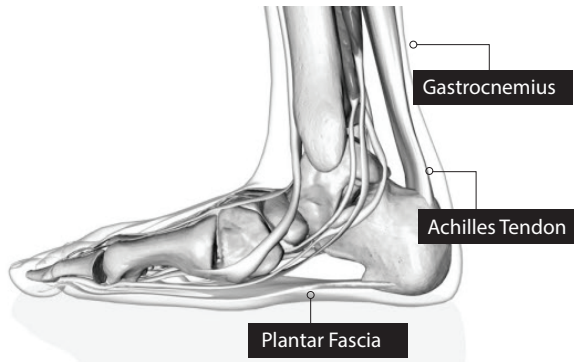
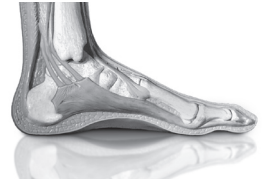


BioPed

stretching



Congratulations on taking a step towards better health. Until your custom orthotics are manufactured, your BioPed clinician has recommended some stretches to accelerate the healing process. Stretching programs play an important role in the treatment of many lower limb ailments. Please complete the stretches that have been checked off as well as demonstrated for you. Be sure to perform the stretches as you were shown.

Morning Stretches

(Before you get out of bed)

The Alphabet Stretch



1. Depending on comfort, dangle one foot or both feet over the side of the bed. Make sure they do not touch the floor.
2. Imagining your big toe to be a pen, slowly write the alphabet from A to Z in the air. Repeat on each foot.

The Plantar Fascia Stretch



1. Cross the painful foot over the opposite leg so that the ankle is resting on the knee.
2. Place your fingers from the same sided hand across the base of your toes and pull the toes back towards your shin.
3. Hold the stretch for 10 seconds, relax for 5 seconds and repeat 10 times on each affected foot.

The Towel Stretch



1. Keep a towel beside your bed. Lasso it around your foot, holding the ends firmly.
2. Pull your forefoot back towards your nose.
3. Hold for 20 seconds, rest for 5 seconds, repeat.

Afternoon/Evening Stretches

□ The Stair Stretch



1. Stand with both feet on the same stair.
2. Lower the affected heel below the level of the stair until you feel a stretch.
3. Keeping your knee straight, hold the stretch for 20 seconds, rest for 5 seconds and repeat 5 times on each foot.

□ The Runner's Stretch



1. With arms and feet shoulder width apart, place both hands on a wall in front of you.
2. Complete a "lunge" OR place your toes against the wall and lean into it until you feel a calf stretch. Hold for 20 seconds, rest for 5 seconds and repeat on each side 5 times.

□ The Fascial Chain Stretch



1. Sit with your legs out-stretched in front of you.
2. Reach for the toes of the affected foot, with the opposite hand.
3. Turn your palm facing up and keep your legs straight. Hold for 30 seconds, rest for 5 seconds, repeat 3 times.

Please visit www.bioped.com for a list of all clinics across Canada