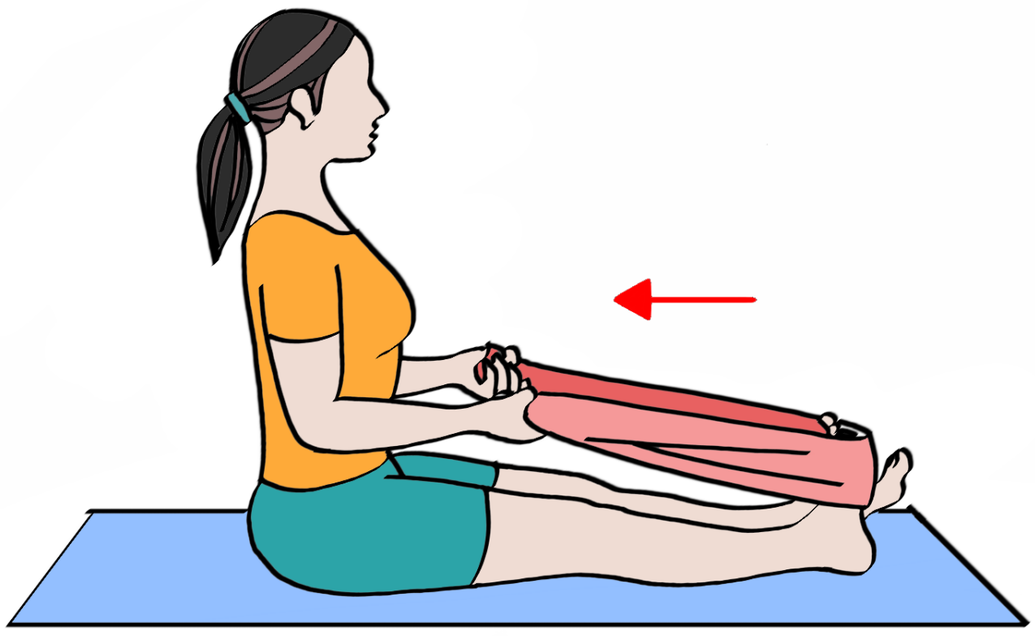
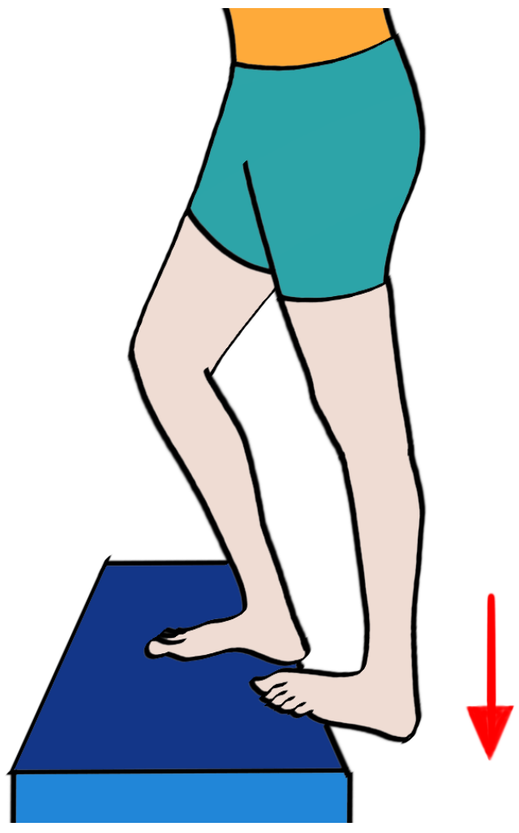
PLANTAR FASCITIS EXERCISES

(1) Towel Stretch

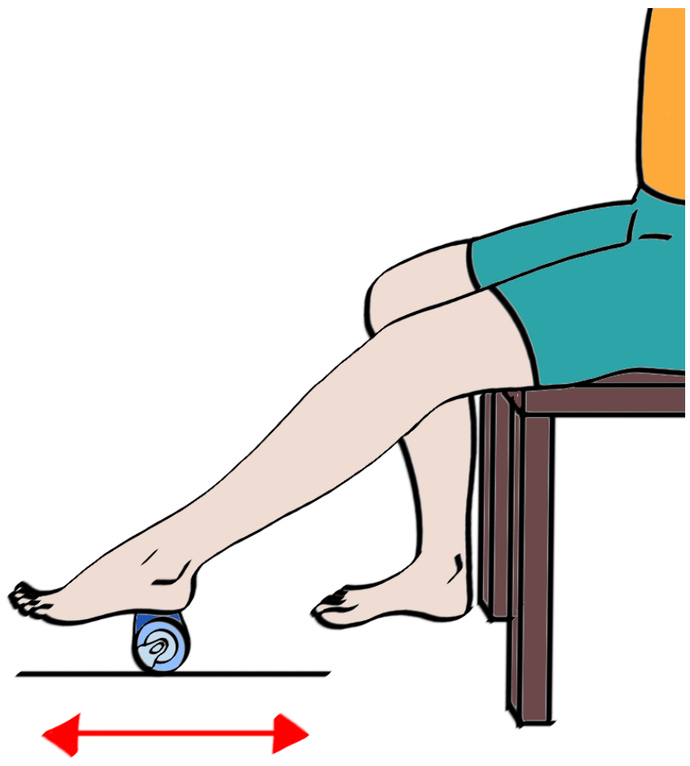


(2) Towel Pick-up

(3) Plantar Fascia Stretch



(4) Frozen can roll



Dr. Hiran Amarasekera

MBBS, MS(Col), FCSSL, FRCS(Ed), MPhil (Warwick)

PGA (Pain Management)

Consultant Orthopaedic Surgeon

Copyright © Dr. Hiran Amarasekara. All rights reserved.