

# Stretching

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**I recommend stretching to everyone. A good stretch for everyday that doesn't take too long to do is this:**

- Stand next to a wall and put your left foot on a chair seat (or other surface) at a comfortable height directly in front of you, letting the back of the heel rest on the chair.
- Make sure your hips are perpendicular to the leg (90 degrees).
- You will feel a gentle stretch all along the back of your leg. It is important to stand up straight! Otherwise the lower back may tilt forward, reducing the effectiveness of the stretch.
- **HOLD THE STRETCH for 1 minute.**
- Now stretch the other leg.
- Repeat. This stretch is good for many lower extremity tendon/ligament problems including heel pain.

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*Connie Lee Bills, D.P.M.*

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