

# 1 Minute Stretching Guide with instructions

Perform the stretches below in bed right after you wake up.

Don't leave the bed without doing these stretches!

1. Plantar Rub - Length of Foot
  - a. Sit up in bed
  - b. Bring one of your feet towards you
  - c. Rub the bottom of your foot from the base of the heel to the ball of your foot.
  - d. Go from heel to each toe separately.
  - e. Repeat 5 times for each toe.
  - f. Repeat for other foot.
2. Plantar Rub - Side to Side
  - a. Still sitting in bed
  - b. Bring one of your feet towards you
  - c. Rub the bottom of your foot from side to side. Start at the inside of the foot and go to the outside.
  - d. Start near the heel and move up slowly towards the ball of the foot.
  - e. It should take 5-6 movements to go from the heel to the ball.
  - f. Repeat 5 times.
  - g. Repeat for other foot.
3. Toe bend
  - a. Still sitting in bed
  - b. Bring one of your feet towards you
  - c. Hold the foot by the heel.
  - d. Pull your toes up to stretch the bottom of the foot.
  - e. Start with a gentle pull.
  - f. Slowly increase the stretch for each pull.
  - g. Repeat the pull 5 times.
  - h. Repeat for other foot.
4. Calf Stretch
  - a. You will need a towel or sheet for this.
  - b. Still sitting in bed!
  - c. Stretch out your leg and pull a sheet or towel around your foot. Keep your knee bent at first to make it easier.
  - d. Use the towel to gently pull your foot back towards to and stretch your calf.
  - e. Going slowly, extend your knee a little after each pull to increase the stretch.
  - f. Don't push yourself. Just stretch as much as you can.
  - g. Do 5 stretches of 5 seconds each on one leg.
  - h. Then repeat for the other leg.
5. Tennis Ball Press (optional)

- a. This stretch will be the first and only stretch on the floor.
  - b. It's done last.
  - c. It requires a tennis ball to start. As you progress you can use harder balls like a Lacrosse rubber ball. Start with something soft like a tennis ball.
  - d. Place the ball on the floor.
  - e. Place your foot on the ball so the ball is touching the bottom of your foot right before the heel.
  - f. Gently apply pressure. Don't fully step on it. Use the bed to support yourself.
  - g. Gently increase the pressure and do this 5 times.
  - h. Repeat for the other foot.
6. Tennis Ball Long Roll (optional)
- a. This is another rolling stretch done on the floor after the bed stretches.
  - b. Use your foot to roll the tennis ball from your heel to the front of your foot.
  - c. Go back and forth from the heel to the front 5 times.
  - d. Start with very gentle pressure at first.
  - e. Repeat for the other foot.
  - f. Increase the pressure slowly each day.
7. Tennis Ball Random Roll (optional)
- a. This is another rolling stretch done on the floor after the bed stretches.
  - b. Use your foot to roll the tennis ball randomly around the bottom of your foot.
  - c. Go back and forth in random directions 5-10 times.
  - d. Start with very gentle pressure at first.
  - e. Repeat for the other foot.
  - f. Increase the pressure slowly each day.

Lastly, put on your house shoes. These stretches are completely optional. House shoes are like doing stretches passively all day. Use the stretches for the first few weeks to speed recovery. House shoes cannot be skipped!