HEALTHY TIPS

One Simple Stretch Relieves Plantar Fasciitis, Shin Splints, Achilles Pain And Heel Pain

By bestfolkmedicine · 13/06/2019 · 1 min read



If you are struggling with tight calves, believe us, your body will be so thankful if you start doing this stretch. When performed on a regular basis, that is, daily, it will bring so many different benefits.

ezstandalone.cmd.push(function () { ezstandalone.showAds(122); });

It is especially helpful for those with heel ache, shin splints, plantar fasciitis, and Achilles tendinitis, as well as with low range motion in the ankles, feet tendonitis, and more.

What is amazing about this easy and simple, yet powerful stretch is that you can help release the soleus and Achilles tendon too, not just the calf muscles. Amazing, right?

ezstandalone.cmd.push(function () { ezstandalone.showAds(130); });

Even though it may feel odd and difficult at first, this stretch is doable and will feel so good once you get it right. Below, check out a list with useful tips on how to optimize this stretch.

Useful Tips

- Use as much body weight while standing; make sure you are not directly onto the shin bone- this can cause pain
- You will need a foal roller
- Movement of the foot is the key
- When pointing the fingers, really point them, like ballerinas do
- When you rotate, rotate fully for optimal results
- The leg on top needs to be parallel to the roller and the body weight coming down onto it
- Although the duration depends on the individual, it is good to start with 30 seconds on each spots with 3 to 4 spots per calf
- Do the stretch once per day for a period of one week for best results

If you are ready to check out the stretch, make sure you watch the whole video below:

ezstandalone.cmd.push(function () { ezstandalone.showAds(131); });

Sources:

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