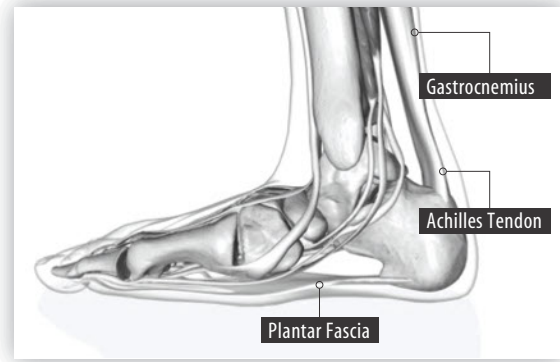


BioPed

stretching

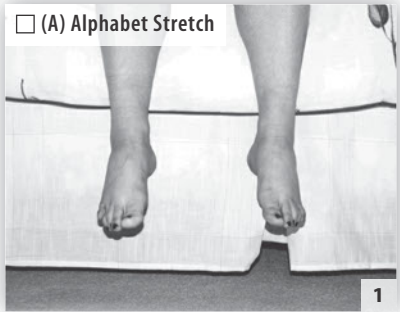


Congratulations on taking a step towards better health. Until your custom orthotics are manufactured, your Pedorthist has recommended stretches to accelerate the healing process. Stretching programs play an important role in the treatment of many lower limb ailments.

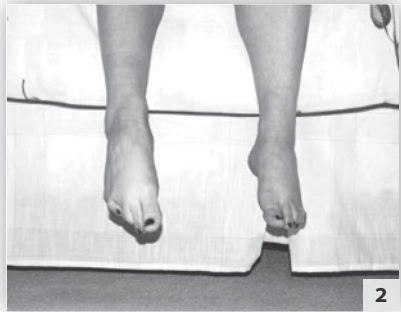
Please complete the stretches that have been checked off as well as demonstrated for you. Be sure to perform the stretches as you were shown.

ONLY COMPLETE Before Getting Out of Bed in The Morning

(A) Alphabet Stretch



1 Dangle your feet over the side of the bed making 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.



3 Repeat on each foot.

(B) 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.



3 Pull the toes back toward your shin/knee until you feel a stretch in the arch area. Hold the stretch for ten seconds, relax for 5 seconds and repeat the stretch 10 times on each foot.

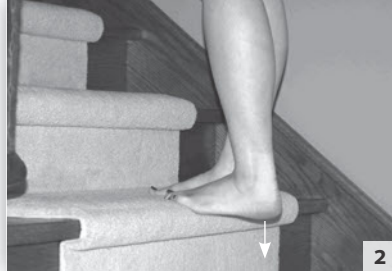


ONLY COMPLETE During The Course of The Day

(C) Stair Stretch



Stand with both feet on the same stair.



Lower the affected heel below the level of the stair until you feel a stretch.



Keep your knee straight while holding the stretch for 20 seconds, rest for 5 seconds and repeat five times on each foot. This exercise should be completed twice daily.

(D) Facial Chain Stretch



Sit with your legs out-stretched in front of you.



Reach for the toes of the affected foot with the opposite hand.



Turn your palm facing up and keep your legs straight. Hold for 30 seconds, rest for 5 seconds, repeat 3 times. Perform this exercise once daily.

PLEASE CONSULT WITH YOUR PHYSICIAN PRIOR TO BEGINNING A STRETCHING ROUTINE.

Recommended Indoor Footwear

Before getting out of bed in the morning, putting on orthopaedic sandals can help ease foot and leg pain. Your Pedorthist has recommended a specific sandal and/or orthotic to address your specific condition. Please be sure to keep them next to your bed for easy access when you first get out of bed.



Pedorthist's Special Recommendations

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

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