

**Exercise 1**

# MYOFASCIAL RELEASE

✓ **Aim**

Myofascial release of the tissue in the bottom of the foot, mainly of the plantar fascia.



► **What do I need?**

A foam roller helps self-massage the bottom of the foot.



**FP03**

► **Foam roller**

MEASUREMENTS  
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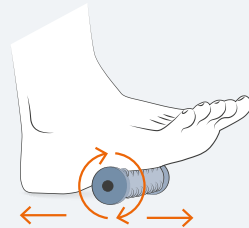
3.6 x 13

► **How do I do it?**

Place the roller on the ground.



Start moving the foot forward and back so that it rotates along the surface.



Apply more or less pressure to the roller to relax, mobilise and stretch the plantar structures.



### ORLIMAN Tips

- ✓ Doing the exercise at the end of the day is recommended.
- ✓ You can do this in a sitting or standing position.
- ✓ Repeat the movement for approximately 5 minutes with each foot.
- ✓ Put it in the freezer for an analgesic/anti-inflammatory effect.



It can be cooled in the freezer for 90 minutes for about 10 minutes of cryotherapy.

## Exercise 2

# PLANTAR FASCIA STRETCH

### ✓ Aim

To stretch the structures that influence the accumulated tension in the bottom of the foot (plantar fascia, calf muscles and all of the muscles in the back of the leg).



### ► What do I need?

A resistance band for plantar fascia stretching exercises.



**FP03**

### ► Resistance band

MEASUREMENTS  
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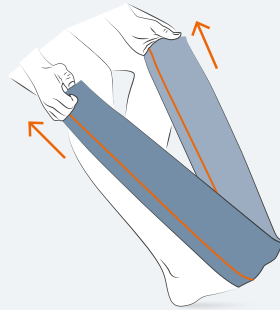
100 x 13

### ► How do I do it?

Place the resistance band under the surface of the forefoot.



Hold the band on both ends.



Flex your ankle upwards as much as possible so your toes come close to your leg while keeping your knee stretched.

 Video



### **ORLIMAN Tips**

- ✓ Hold this position for 15-30 seconds.
- ✓ Repeat the exercise 5-10 times.
- ✓ It's very important to keep your knee stretched when doing this exercise.

