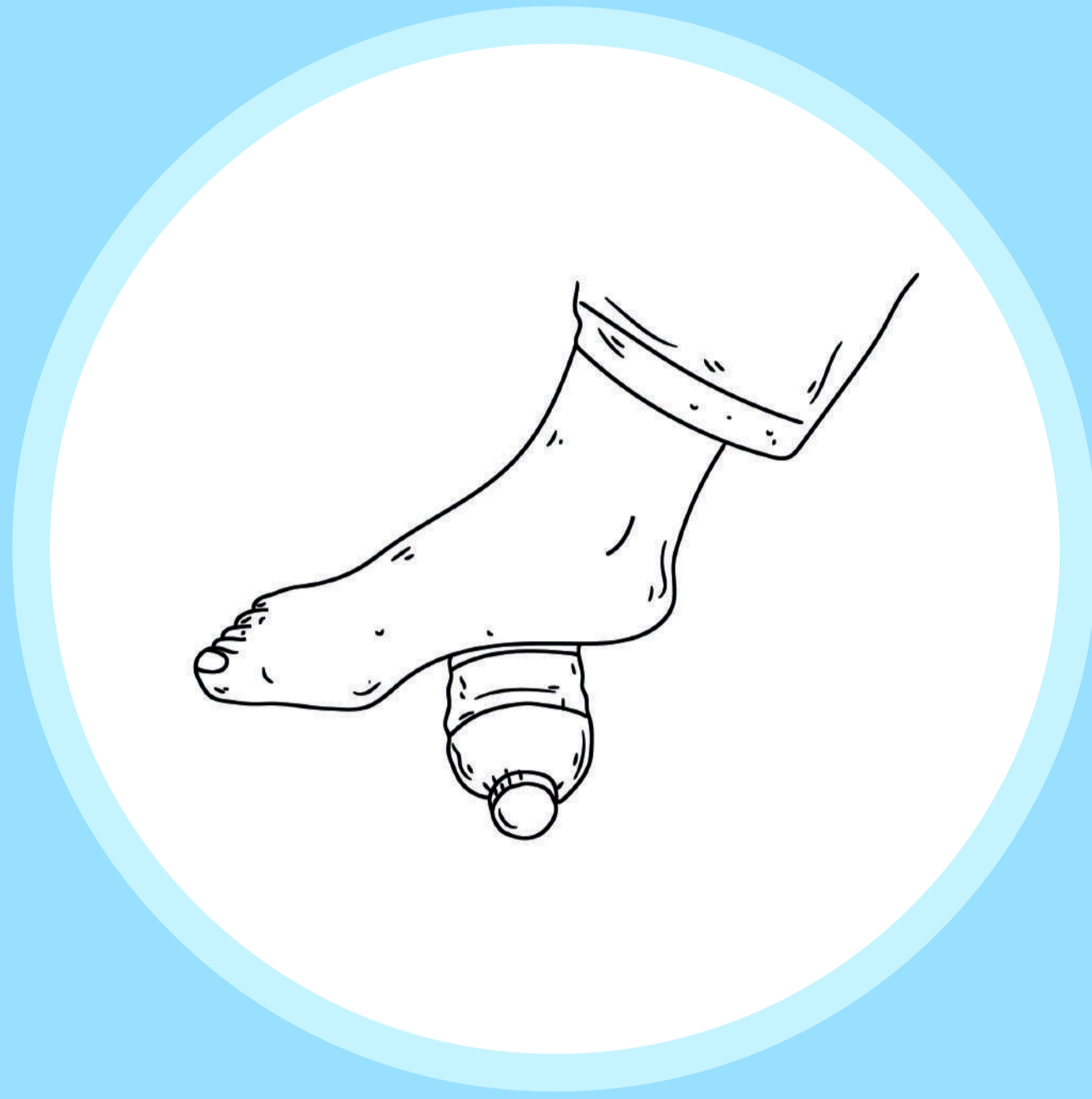
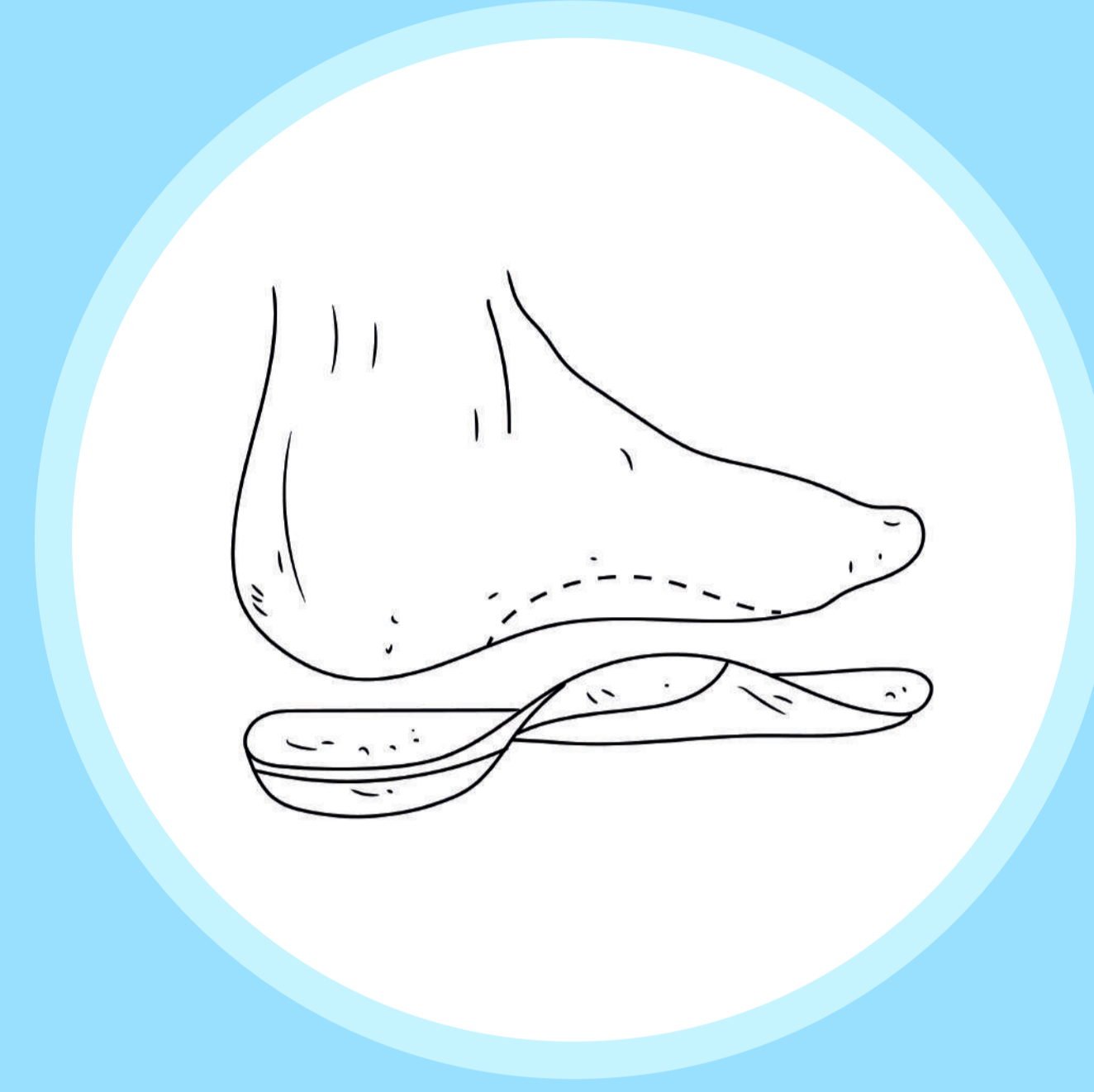


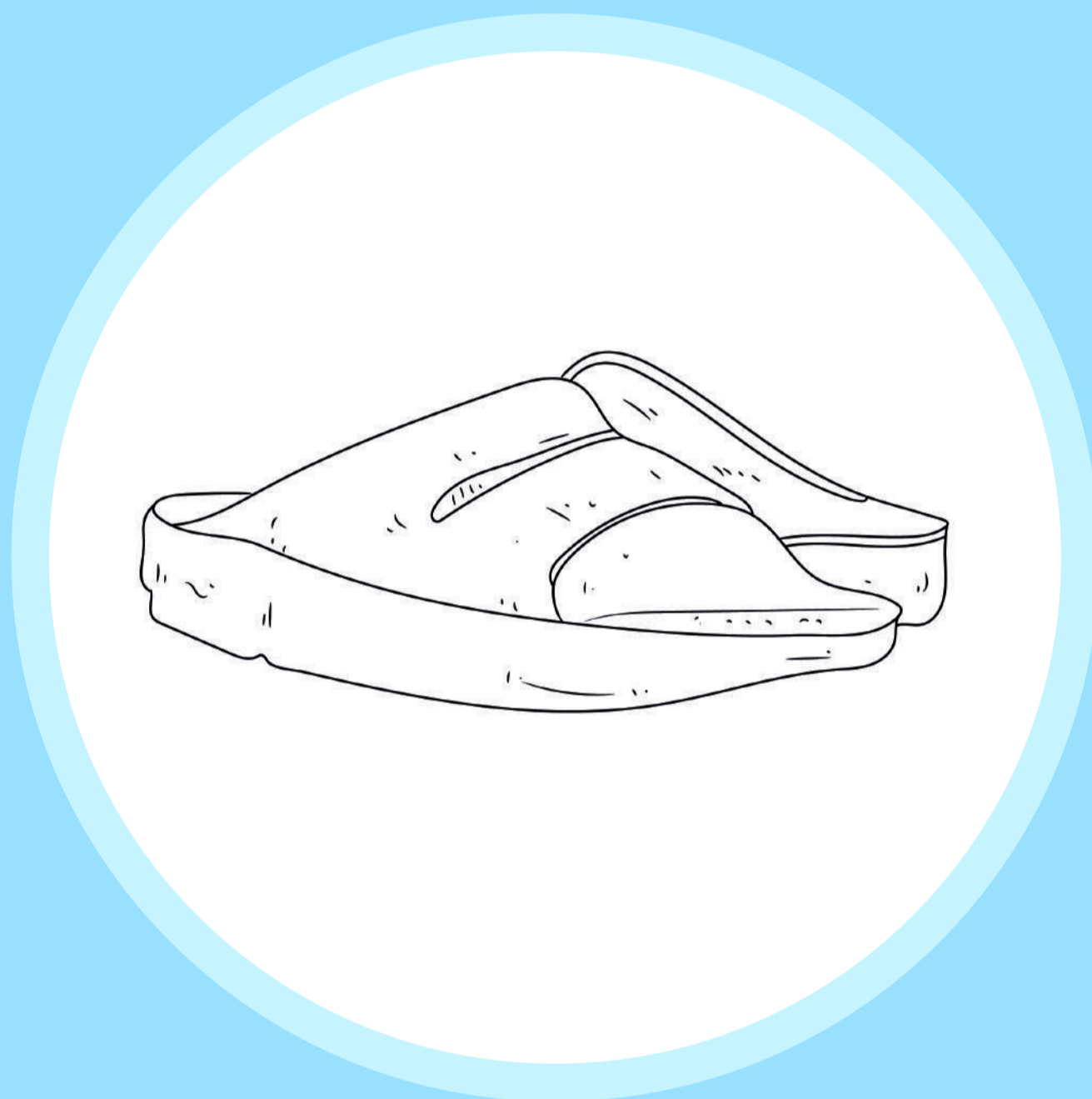
## Plantar Fasciitis (p. 1 of 3)



Roll Foot with Frozen Water Bottle



Orthotics



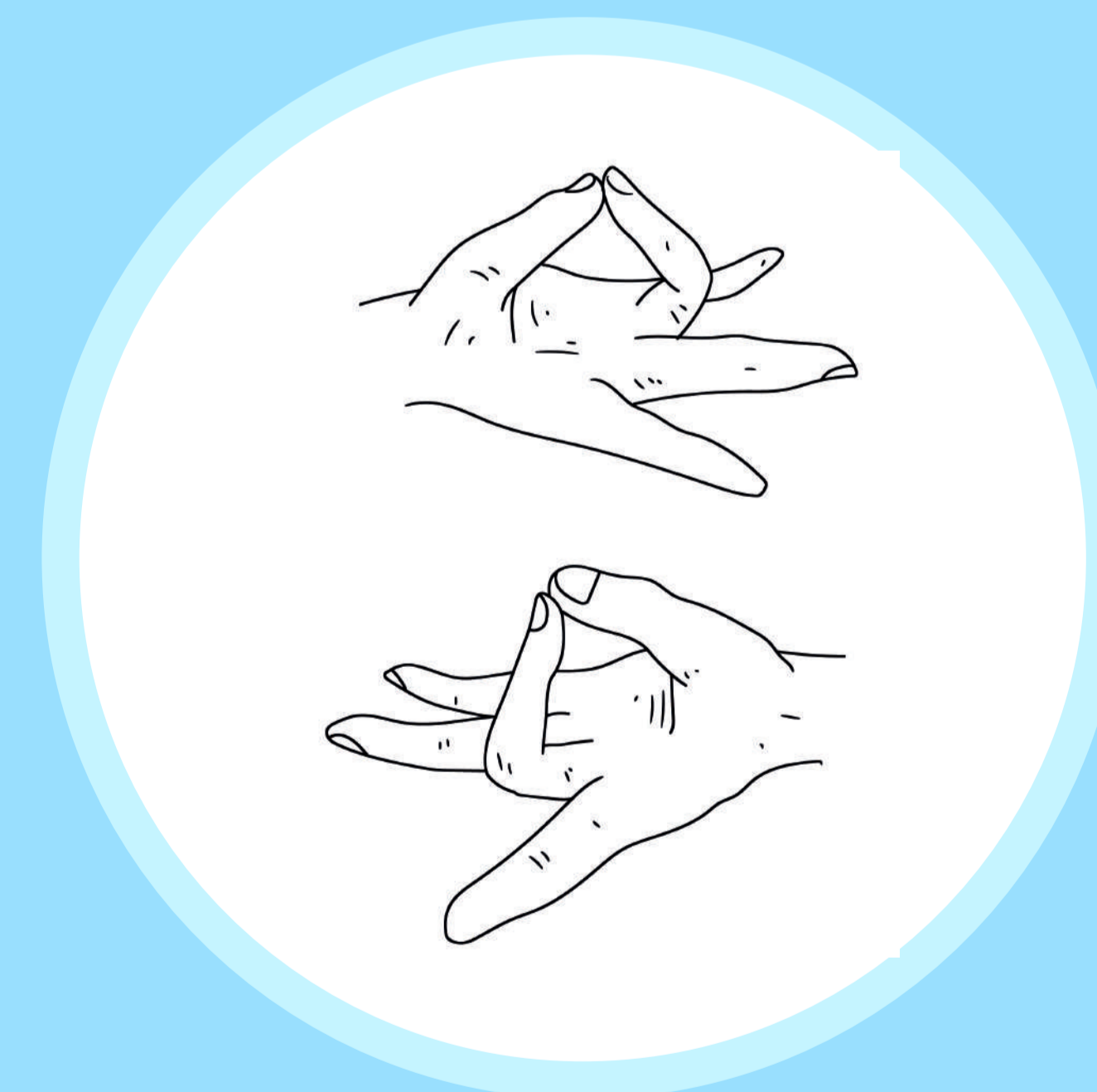
Oofos Sandals



Find a Great PT



Epsom Salt Bath



Joint Mudra

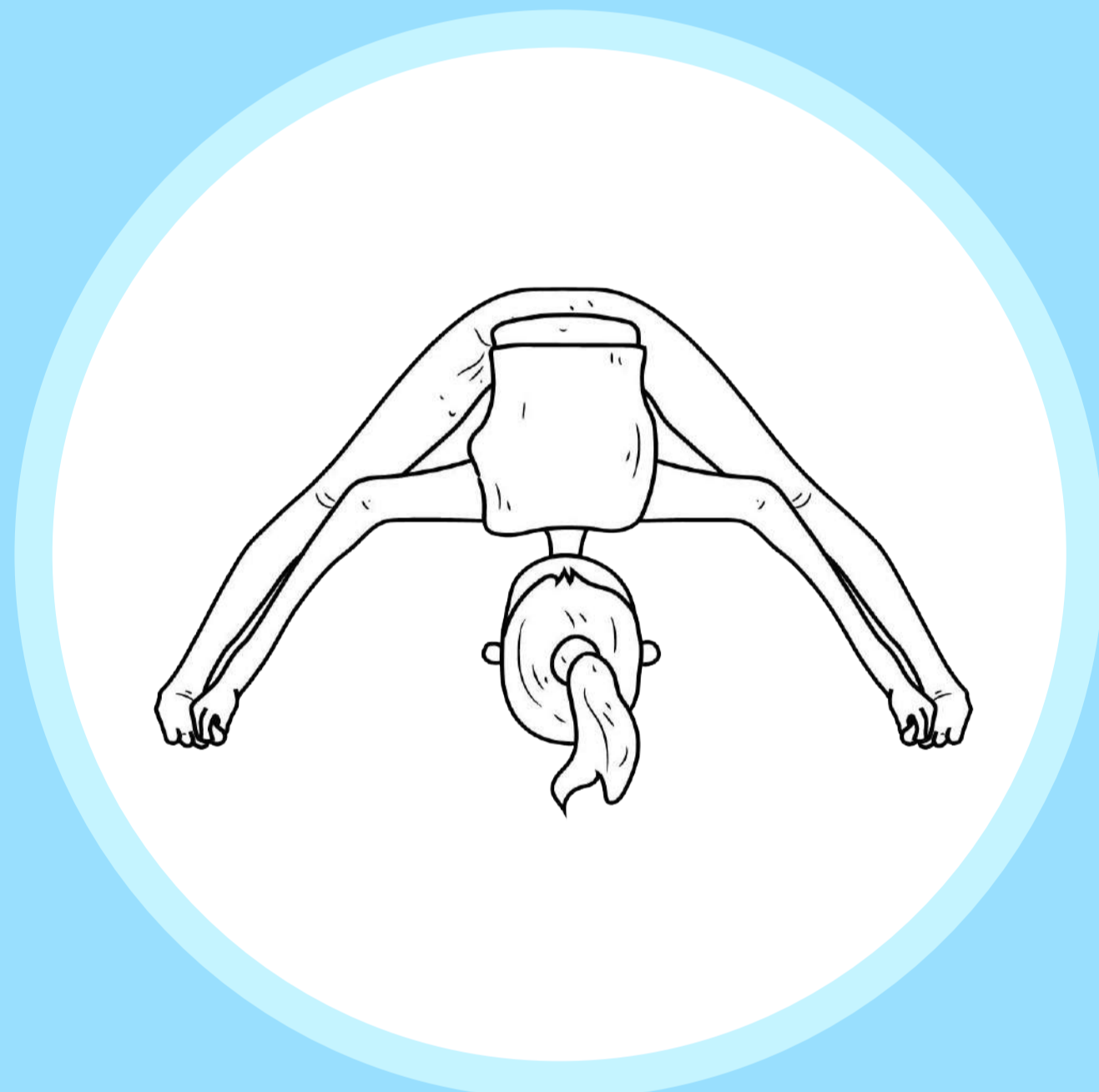
## Plantar Fasciitis (p. 2 of 3)



Olive Oil  
(massaged into body)



Magnesium



Prasārita Pādottānāsana  
(wide leg forward fold)



Triang Mukhaikapada  
Paschimottanasana

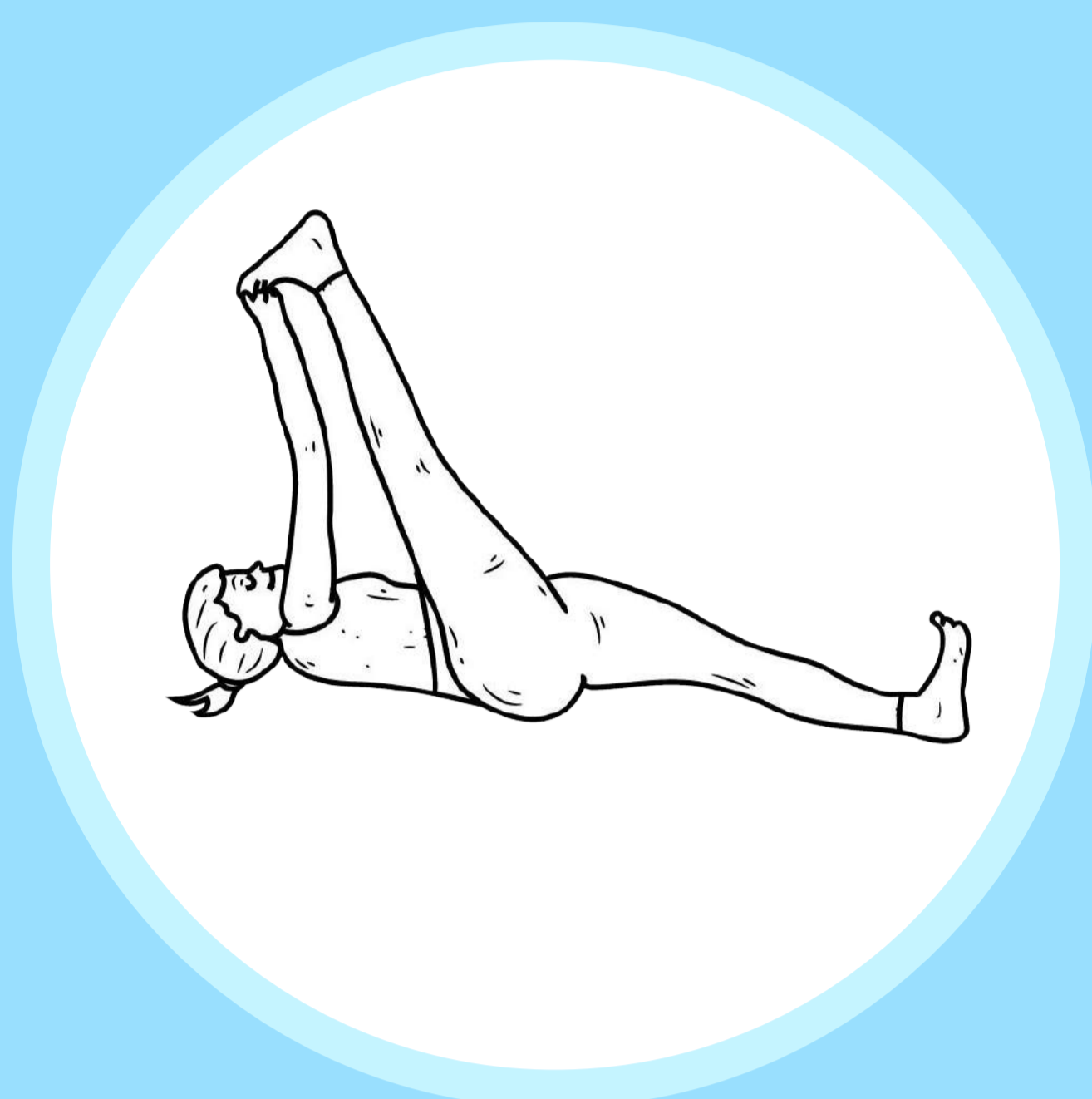


Krounchasana  
(heron)



Virasana  
(hero)

## Plantar Faciitis (p. 3 of 3)



Supta Padangusthasana  
(reclined big toe pose)



Pārsvottānāsana  
(intense stretch)



Paschimottanasana  
(staff)



Jānu-Śīrṣāsanaa  
(head to knee)