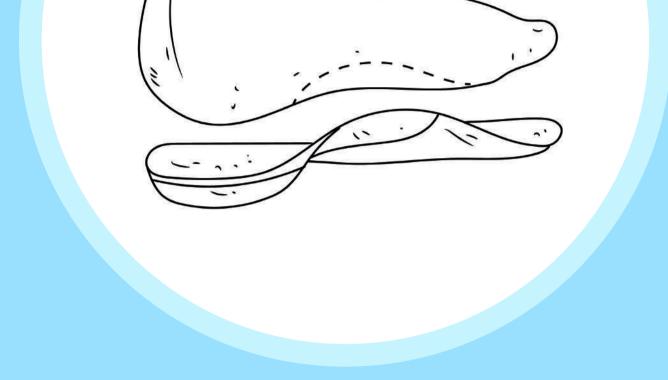
Items to discuss with your doctor and consider learning from a qualified yoga instructor for

Plantar Fasciitis (p. 1 of 3)

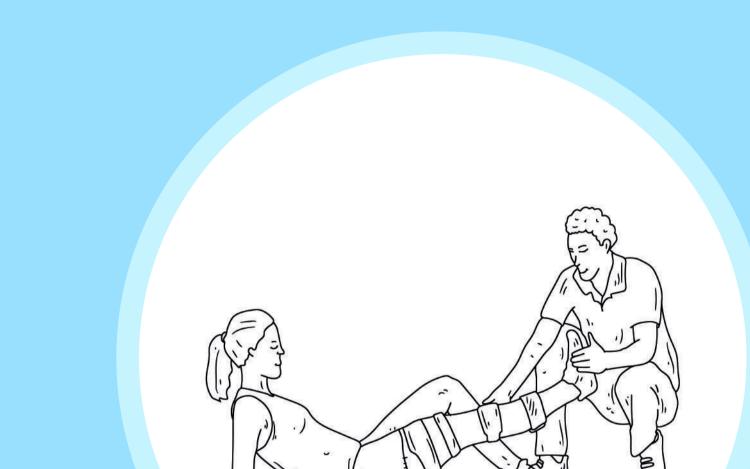




Roll Foot with Frozen Water Bottle



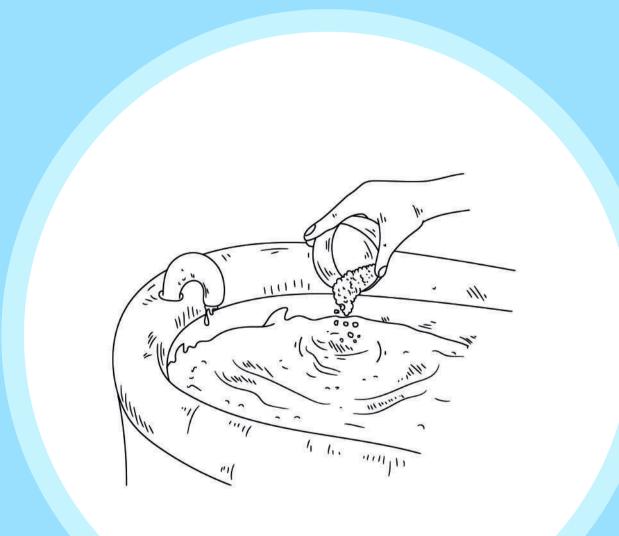


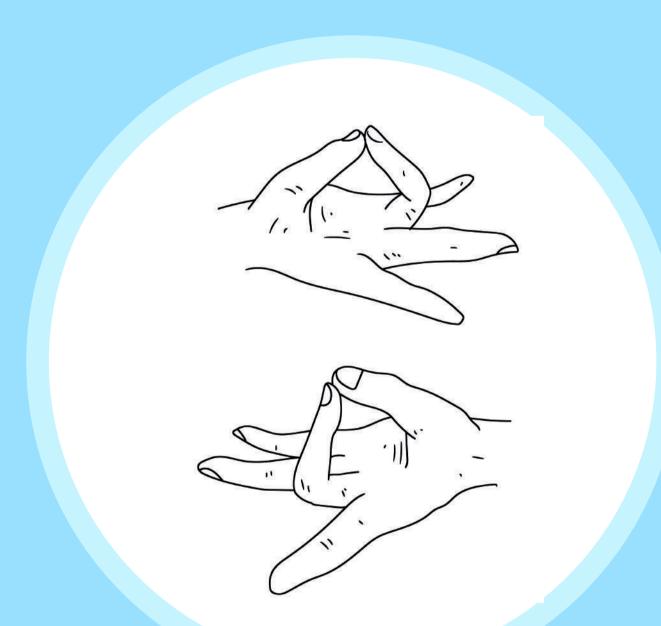




Oofos Sandals

Find a Great PT





Epsom Salt Bath

Joint Mudra

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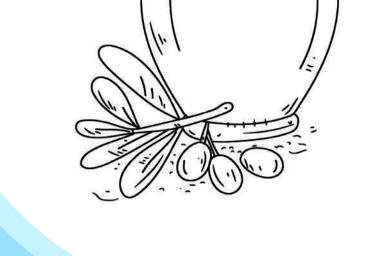


Items to discuss with your doctor and consider learning from a qualified yoga instructor for

Plantar Fasciitis (p. 2 of 3)





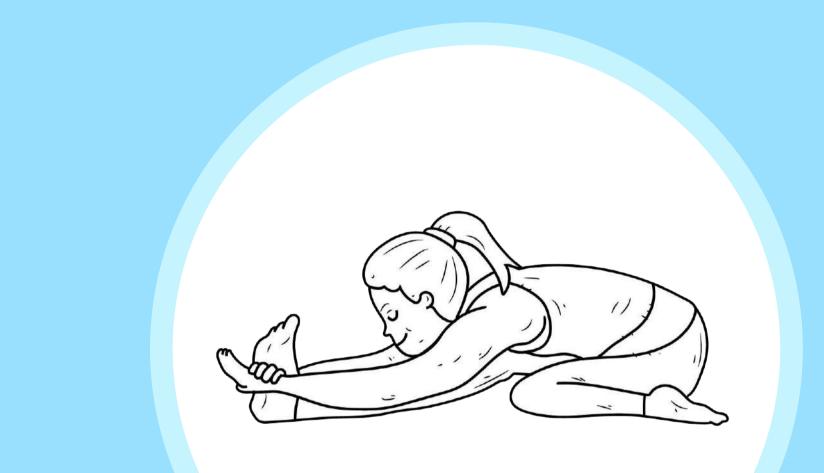




Olive Oil (massaged into body)





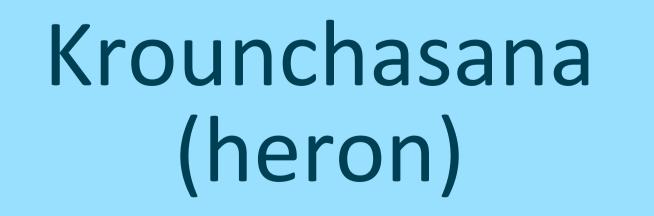


Prasārita Pādottānāsana (wide leg forward fold)

Triang Mukhaikapada Paschimottanasana







Virasana (hero)

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Items to discuss with your doctor and consider learning from a qualified yoga instructor for



Supta Padangusthasana (reclined big toe pose)



Pārśvottānāsana (intense stretch)





Paschimottanasana (staff)

Jānu-Śīrṣāsanaa (head to knee)



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