

## **Tibialis Posterior and Plantar Fasciitis**

**If any exercises cause pain or discomfort more than a 5/10 please stop. It should be tough, but not painful.**



### **Daily:**

40 steps of each: [Walking on toes](#) and [Walking on heels](#)

2-3 minutes of [Calf Taps](#)

[Squat to Calf raise: 3-4 sets of 10-20 repetitions](#)

[Toe Yoga – 5 minutes of practice](#)

[Calf Raise – 3 sets of 10-15 reps](#)

[Foot Mobility sequence – 10 minutes](#)