

Supplementary Materials

- The patient will be instructed to cross the affected leg over the sound leg while seated, and using his/her hand, applying metatarso-phalangeal joint dorsiflexion (pulling the toes back toward the shin until the patient feels a stretch in the arch of the foot).
- Hold each stretch for a count of 10 (or 10 seconds), and repeating 10 times (DONOT OVER STRETCH).
- All patients will be asked to perform the stretching program three times per day.
- Keep a daily log of stretching exercise for 4 weeks.
- The first stretch will be done before taking the first step in the morning.



Figure S1. Home based plantar fascia stretching exercises.

Table S1. Home based plantar fascia stretching exercises log. Plantar Fascia stretching exercises log.

Name: -----

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1							
Week 2							
Week 3							
Week 4							