

Belt Stretch

Sitting with leg extended on the surface in front of you, with your foot on a stool or couch/bed. Face this foot and put opposite foot off the surface on the floor or hanging over the edge of the bed/couch.

POKING FOR PAIN

Once you are in this position before you start the stretch-push on the front of the lower leg shin area pushing straight into the bone. Find an area of tenderness. Check all around this area until you find the most tender point when pressed. Keep this tender point marked but do not keep pushing on it.

Use a belt looped into a large loop around the ball of your foot-**up toward the toes**.

1. Bend forward at hips bringing belly button toward knee.
2. Keep spine straight and shoulders upright-stick chest out.
3. Keep knee straight and attempt to bring the **toes** toward the knee.

Push on the tender point again-find the position of the stretch with the belt that makes this tender point ease as much as possible. When you find the position that makes the tender point as close to 0/10 as possible start the clock.

Stay in this position for 90 seconds without moving. Make sure to keep the toes and the leg in exactly the same position.

Keep the tender point marked but do not continue to poke on it.

After 90 seconds to 2 minutes let go of the stretch slowly and recheck the tender point.

Do this stretch 2 times a day.

