



# THE ONE STRETCH CHEAT SHEET

Relieves plantar fasciitis, shin splints, achilles pain,  
and compartment syndrome



## BEFORE WE BEGIN

With all self-help fascial release techniques, it's important to remember that you're trying to pin a piece of your fascial system (to a foam roller, lacrosse ball, etc) and stretch it through movement. Sometimes this can be intense, so don't forget to breathe as you learn to move better, feel better, and create lasting change!



- + **01** POSITIONING
- + **02** SCOOT & PLACE
- + **03** PIN & SIT
- + **04** POINT & FLEX
- + **05** FOOT CIRCLES
- + **06** RULE OF THUMB
- + **07** TIPS FOR SUCCESS



**STEP BY STEP**



## ANGLE 1



## ANGLE 2



### POSITIONING

It's best to start out on this technique with a medium density foam roller if you have one. This technique can be intense if you're new to it. Start by placing your left leg on the foam roller at a diagonal.

+ 01



## ANGLE 1



## ANGLE 2



+ 02

### SCOOT & PLACE

Scout forward a little on the foam roller and place your right leg on top of your left calf and keep your right leg parallel to the foam roller.



## ANGLE 1



## ANGLE 2



+ 03

### **PIN & SIT**

Then pin the right leg to the left calf by sitting down and putting as much body weight as you can into your left calf. Only use your hands for balance.



**POINT**



**FLEX**



**AND**

+  
**04**

**POINT & FLEX**

Then point and flex your left foot 2 times. Make sure to REALLY point and REALLY flex. It probably won't be feeling comfortable at this point.



## CIRCLE RIGHT



## CIRCLE LEFT



+ 05

## FOOT CIRCLES

Make two circles with your left foot in each direction. Make sure to rotate from the ankle and make the circles as big as possible.



## HIGH CALF



THEN



## RULE OF THUMB

As a beginner's rule of thumb, start closer to the knee and move down towards the achilles spending about 30 seconds on each spot. You want to search for the best/most intense spots and spend more time on those spots. In the beginning don't do more than 3-4 spots per calf. After completing the left calf repeat steps 1-6 on the right calf.

+ 06



## TIPS FOR SUCCESS

Do this technique once a day for a week, and then adjust as necessary based on your results. Use as much body-weight as you can stand (but make sure you're not directly on your shin BONE, that will hurt and not in a good way). Go after MULTIPLE spots. Don't be afraid to HUNT for the best ones by moving up and down on the calf, by rotating your hips or placing your bottom leg in slightly different positions on the roller. BUT, once you find a good spot, STAY there and move your foot (stop moving your hips or rolling on the roller). When you point your toes, REALLY point...like a ballerina! When you rotate (make circles), rotate ALL the way. Don't half-ass your movements or you'll be robbing yourself of results! I don't want you massaging the calf with your body weight (that won't do much of anything, except hurt). If you have achilles issues or plantar fasciitis make sure to go all the way down to the achilles to find the best spots.

# ADVENTURE WITH CONFIDENCE

As always I hope you're learning to trust your body, do what you love, and adventure through life with confidence.



# THANK YOU!



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