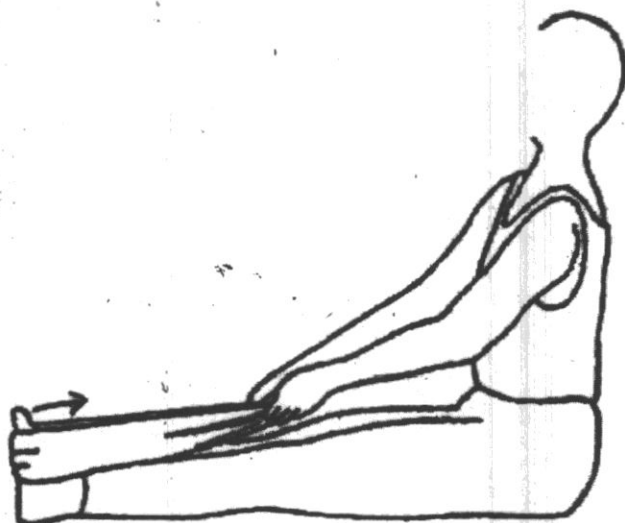


ACHILLES STRETCHING EXERCISES

Achilles Stretching Exercises

1. Towel stretch:

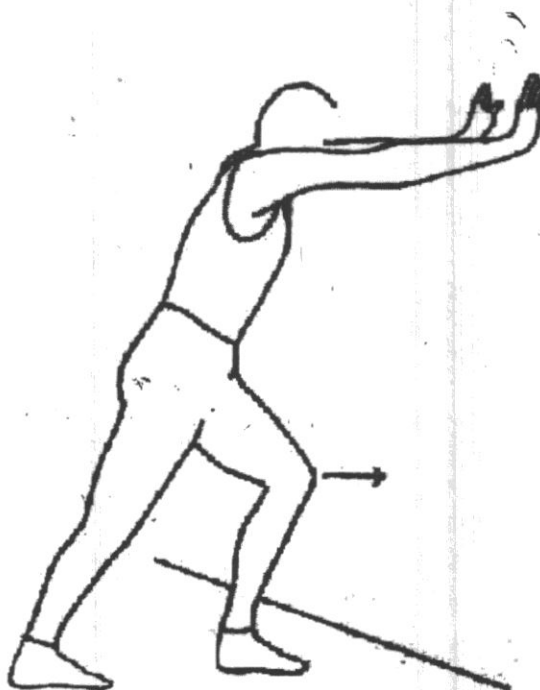
Sit on a hard surface with your injured leg stretched out in front of you. Loop a towel around the ball of your foot and pull the towel toward your body, keeping your knee straight. Hold this position for 15 seconds and repeat 15 times. Do this two to three times a day.



Towel stretch

2. Standing calf stretch:

Facing a wall, put your hands against the wall at eye level. Keep the injured leg back, the uninjured leg forward, knee bent, and the heel of your injured leg on the floor. Slowly lean into the wall until you feel a stretch in the back of your calf. Hold for 15 seconds. Repeat 15 times. Do this two to three times a day.



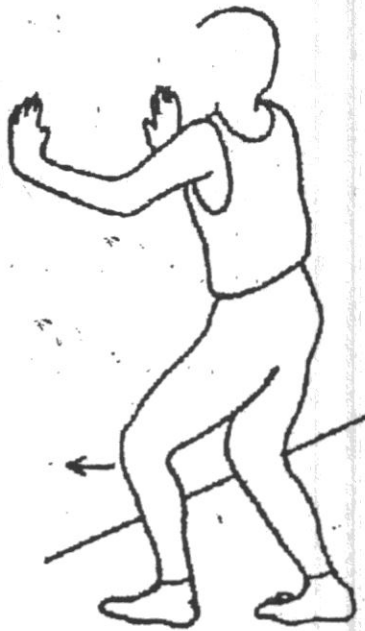
Standing calf stretch

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ACHILLES STRETCHING EXERCISES

3. Standing soleus stretch:

Stand facing a wall with your hands at about chest level. With both knees slightly bent and the injured foot back, gently lean into the wall until you feel a stretch in your lower calf. Keep your heel down on the floor. Hold this for 15 seconds. Repeat 15 times. Do this two to three times a day.



Standing soleus stretch

4. Plantar fascia stretch:

Standing with the ball of your injured foot on a stair, reach for the bottom of the step with your heel until you feel a stretch in the arch of your foot. Hold this position for 15 seconds. Relax and then repeat 15 times. Do this two to three times a day.



Plantar fascia stretch

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ACHILLES STRETCHING EXERCISES

5. Toe raises:

Stand in a normal weight-bearing position. Rock back on your heels so that your toes come off the ground. Hold position for 15 seconds. Repeat 15 times. Do this two to three times a day.



Toe raises

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Adapted from www.alexandriapodiatry.org
www.footankle.co.uk
James Calder (Achilles Tendon Exercises)