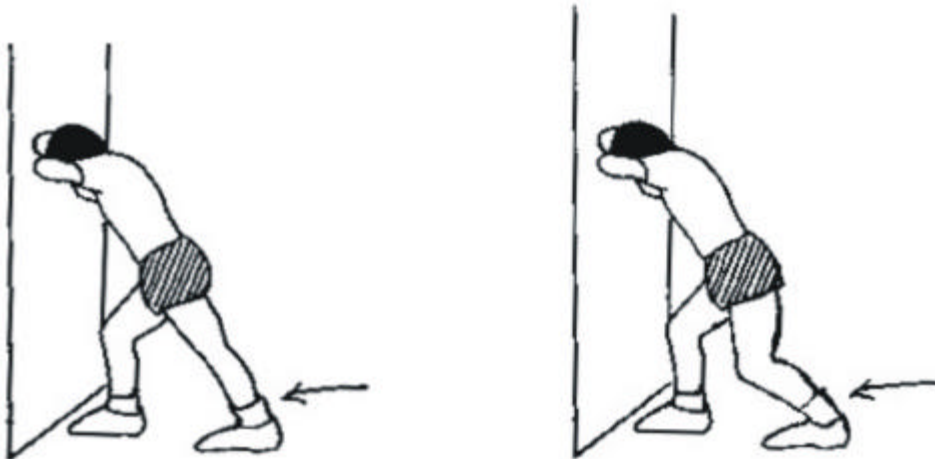


ACHILLES TENDON STRETCHING EXERCISES

Calf Stretching Using Wall



Face wall or counter. Place affected foot back 1 ft from the wall. Stretch in the following two positions:

1. With knee straight to stretch the gastrocnemius muscle, lean forward (lean with the pelvis; do not bend at the waist). Keep the heel on the floor.

Do ____ repetitions, ____ times per day, ____ days per week.

2. With knee bent to stretch the deeper soleus muscle, lean forward (lean with the pelvis; do not bend at the waist).
3. Repeat these stretches with the toes pointed straight ahead, toes pointed inward (pigeon-toed), and toes pointed outward. Then repeat exercises with opposite leg.