



Achilles tendon Stretches

Heel cord (Achilles tendon) and calf muscle stretching exercises are very important. These exercises should be performed for at least five minutes twice a day.

You cannot stretch too often, but you can stretch too hard. Limit your activity based on your pain level.

Seated Achilles Stretch:

With legs supported and knees extended, place a towel around the ball of the foot. Pull on both ends of the towel so that the top of the foot pulls up. Hold stretch for 30 seconds.

Standing Achilles Stretch:

Lean against the wall with heels flat on the floor. Slowly lower body towards the wall (keeping the heels flat) until a stretch is felt in the back of the calf. Hold for 30 seconds.

Soleus Stretch

Standing with both knees bent and involved foot back, gently lean into wall until stretch is felt in lower calf.

Hold 30 seconds.

Repeat 3-5 times.

Do 4-6 sessions per day.



Gastroc Stretch

Keeping back leg straight with heel on floor and turned slightly outward, lean into wall until a stretch is felt in calf.

Hold 30 seconds.

Repeat 3-5 times.

Do 4-6 sessions per day.

