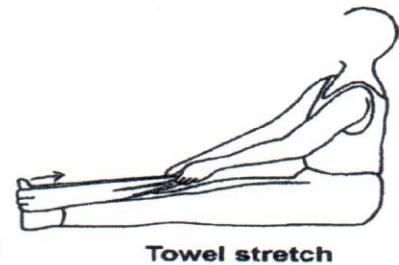


## Achilles Stretching Exercises

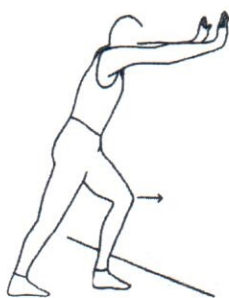
### 1. Towel stretch:

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 times a day.



**Towel stretch**

### 2. Sprinter's stretch:



**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 times a day.



**Standing soleus stretch**

### **3. Stair 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. Do not bounce and hold on to railing. Hold this position for 15seconds. Relax and then repeat 15 times. Do this two times a day.



**Plantar fascia stretch**