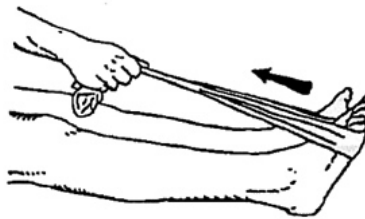


Achilles Tendon Exercises

Achilles tendon and calf muscle stretching exercises are very important. The below exercises should be performed at least for 5 minutes a day. You cannot stretch too often but you can stretch too hard. Limit your intensity based on pain.

Seated Achilles Stretch:

With legs supported knees extended, placed a towel around the ball of the foot. Pull in ends of the towel so that the top of the foot pulls up. Hold stretch for 30 seconds. Repeat 3-5 times. Do 4-6 sessions per day.



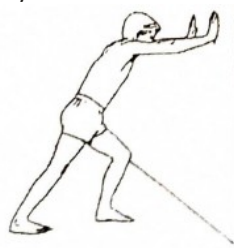
Soleus Stretch

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 the calf. Hold 30 seconds. Repeat 3-5 times. Do 4-6 sessions per day.



Disclaimer: These are general statements and may not apply specifically to your care. I may modify as needed for your individual care.