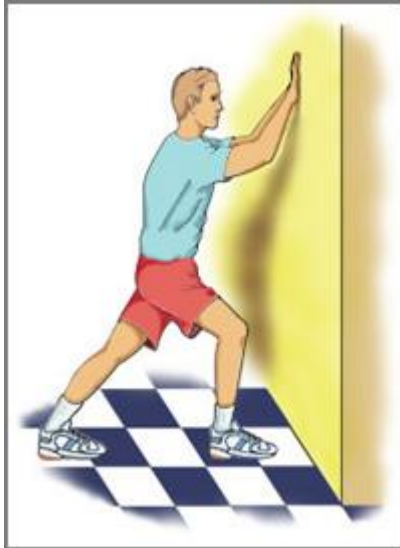


Achilles Tendon Stretches

If your Achilles tendon is tight, then your foot compensates by pronating, Therefore, Achilles Tendon flexibility is very important in your overall foot health. We recommend one of the following stretches:



Exercise #1 (Gastroc Stretch)

- Lean forward against a wall with both feet in a straight line, with both toes pointing directly forward at the wall.
- your back knee is completely straight.
- your back heel must remain on the floor at all times.
- your front knee is bent.
- lean forward against the wall, keeping the back knee straight and the back heel on the ground at all times.
- Your calf, heel cord and foot arch stretch as you lean.
- Hold for 10 seconds, relax and straighten up.
- **Repeat 20 times for each foot.**
(10 times in morning, 10 times at night)

Exercise #2 (Seated Achilles Stretch)

- Sit on floor with both feet extended. You can sit back against a wall to help support your back if needed.
- Place towel around the upper part of your foot as shown. Towel should be long enough to allow you to keep your knees straight and not put pressure on your back.
- Turn your foot slightly towards the inside (not shown) and gently pull back and hold for 10 seconds.
- Relax and repeat the stretch 10 times, holding for 10 seconds
- **Repeat 20 times for each foot.**
(10 times in morning, 10 times at night)

