

AT-HOME EXERCISES

ACHILLES TENDINITIS



Plantar Fascia Stretch

Standing with ball of foot on stair, reach for bottom of step with heel until a stretch is felt through the arch of the foot.

- Hold 15 seconds.
- Relax.
- Repeat 3 times.
- Do 2 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 15 seconds.
- Repeat 3 times.
- Do 2 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 15 seconds.
- Repeat 3 times.
- Do 2 sessions per day.

