

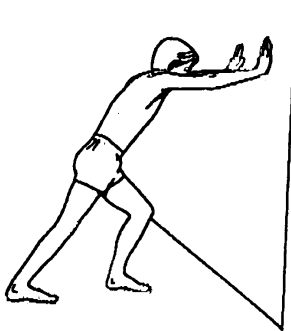


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Achilles Tendon and Posterior Muscle Group Stretching

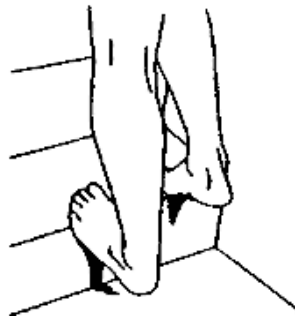
- **The goal** of stretching is to increase upward range of motion or mobility in the ankle by stretching out the Achilles tendon and the muscles that attach to it. This then decreases the strain and forces on the front part of the foot as well as the plantar fascia during walking.
- It's important to realize that stretching is one key to long term results but it will take some time and **consistency!**
- Stretching **should not be painful** but may cause some mild discomfort. If you are too aggressive you can lead to muscle or tendon strain or injury.
- Try to make it part of your **daily routine**.
 - **Stretch 3-5 times/day for AT LEAST 3-5 minutes each leg.**

3 easy stretches for the Achilles tendon and muscles on the back of the leg.



Wall Stretch

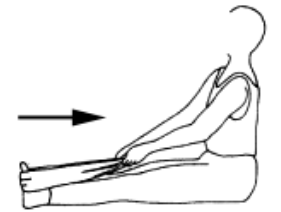
Ensure your heels are on the ground and your back leg knee is straight



Stair Stretch

Slowly let your heel drop down below the stair till you feel a nice stretch.

Do not confuse this with calf raises...we are not trying to strengthen the calf muscles.



TOWEL STRETCH

Towel Stretch

Relax your leg muscles and let your arms do the stretching.

This one is especially helpful before getting out of bed or if you have a sitting job at work.