

# UPSWING HEALTH

## Achilles Tendonitis

### Standing Calf Stretching

**Gastrocnemius** - Begin by facing a wall. Keep your back leg straight, with your heel on the floor and your toes turned slightly inward. Lean into the wall until a stretch is felt in your calf. (Keep your back straight as you stretch.)

**Soleus** - Begin by facing a wall. Bend the knee of your back leg, with your heel on the floor and your toes turned slightly inward. Lean into the wall, keeping your knee bent, until you feel a stretch in your lower leg.

Hold the stretches 30 seconds each, repeat 3 times, 2-3 times a day.



Discontinue exercises and consult with a medical professional if any discomfort is experienced.

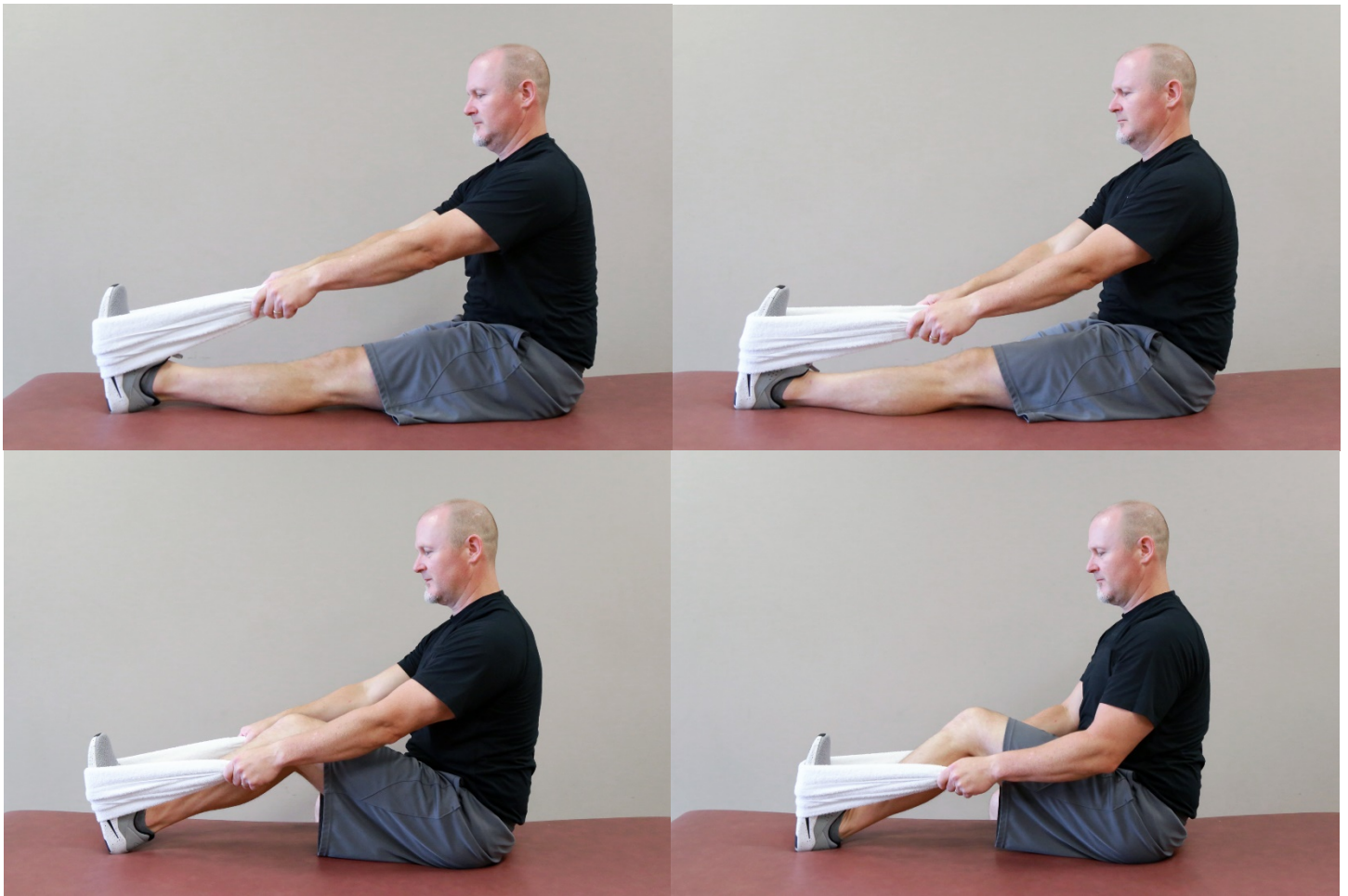
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## Towel Calf Stretching

Place your involved leg straight out in front of you. Place a towel at the ball of your foot and pull the ends toward you until you feel a stretch in your calf. (Do not hyperextend your knee when you stretch.)

Slightly bend the knee of your involved leg before you place the towel at the ball of your foot. Pull the ends toward you until you feel a stretch in your lower leg.

Hold the stretches 30 seconds each, repeat 3 times, 2-3 times a day.



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## Achilles Tendon Eccentrics

Position involved foot by first placing opposite foot on step. Shift your weight onto the involved foot and lift the uninvolved foot off the step, then slowly lower heel below the horizontal. Repeat 2 sets of 15 repetitions, once a day.



Discontinue exercises and consult with a medical professional if any discomfort is experienced.