

UPSWING HEALTH

Gastrocnemius Tear

Towel Stretch – Leg Straight

Place your involved leg straight out in front of you. Place a towel at the ball of our foot and pull the ends toward you until you feel a stretch in your calf. (Do not hyperextend your knee when you stretch.) Hold 30 seconds and repeat 3 times, 2-3 times a day.



Calf Stretch on Wall

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.) Hold 30 seconds and 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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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.



Anterior Reaches

While standing on the involved leg, glide the opposite leg forward to a pain-free distance by bending the involved knee. Return to the starting position without touching the foot down. Perform 2-3 sets of 10 repetitions, once a day.



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Posterior Reaches

While standing on the involved leg, glide the opposite leg backwards to a pain-free distance by bending the involved knee. Return to the starting position without touching the foot down. Perform 2-3 sets of 10 repetitions, once a day.

