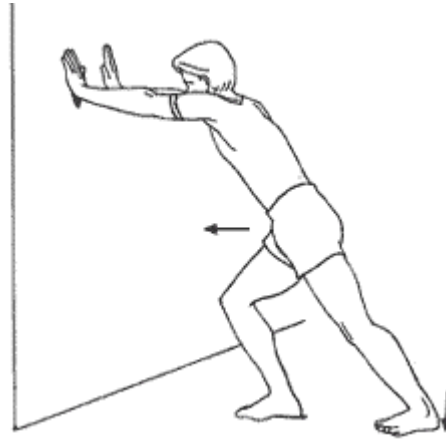


Achilles Tendinosis Program

Exercise:

Calf Stretch



KEEPING BACK AND LEG STRAIGHT WITH HEEL ON FLOOR LEAN INTO WALL UNTIL A STRETCH IS FELT IN THE CALF.

Repeat:

2 times

Sets:

1

Hold Time:

30 secs

Resistance/Time:

0

Sessions:

2 /day

Exercise:

Plantar Fascia Stretch



STANDING WITH BALL OF YOUR FOOT ON THE EDGE OF A STEP LOWER YOUR HEEL TOWARD THE GROUND FEELING A GENTLE STRETCH IN THE AND ARCH OF YOUR FOOT.

Repeat:

2 times

Sets:

1

Hold Time:

30 secs

Resistance/Time:

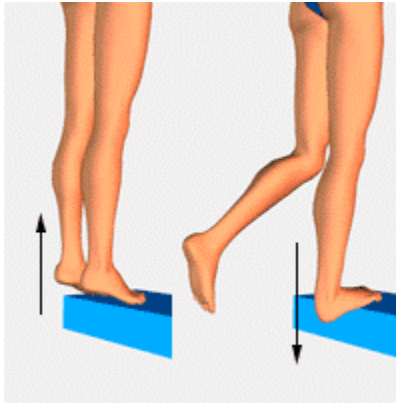
0

Sessions:

2 /day

Exercise:

Eccentric Calf Exercise



STAND ON A STEP WITH THE BALLS OF YOUR FEET AT THE EDGE. RAISE YOUR HEELS UP LIFT THE UNINVOLVED LEG OFF THE STEP THEN SLOWLY LOWER THE LEG BACK DOWN AS ILLUSTRATED. REPEAT WITH BOTH FEET ON THE STEP.

Repeat:	15 times	Sets:	3
Hold Time:	5 secs	Resistance/Time:	0
Sessions:	2 /day		