

Achilles Stretching Exercises

Exercise #1

1. Lean against a wall with one foot positioned in front of you and the other foot positioned behind you.
2. Lock the knee of the back leg straight and lean forward while keeping the heel of the back leg flat on the ground.
3. Be sure that the toes of the back foot are pointed at the wall and the knee remains locked.
4. Maintain the stretch for 10 seconds and then switch the position of the feet and repeat the stretch on the other leg.
5. Perform this exercise for 10 minutes, alternating the position of the feet after each 10 seconds stretch.
6. Perform this exercise every morning and every evening (7 days a week).



(over)

Exercise #2

1. Stand on a step or stair with only the front half of both feet on the step.
2. While holding onto a stair rail, wall, etc., drop both heels down while standing upright. Maintain this position for 10 seconds and then rest for 10 seconds (alternatively, you may stretch one side while resting the other, switching sides every 10 seconds).
3. Perform this exercise for 10 minutes every morning and every evening (7 days a week).

