

*Essential for flexibility and injury prevention.*

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### 1. Standing Calf Stretch

- **How to do it:**
    - Stand facing a wall, about arm's length away.
    - Place your hands on the wall at shoulder height.
    - Step one foot back, keeping the heel on the floor.
    - Bend the front knee slightly and lean forward until you feel a stretch in the back leg's calf.
    - Hold for 15–30 seconds. Repeat 2–4 times per leg.
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### 2. Seated Towel Stretch

- **How to do it:**
    - Sit on the floor with legs extended.
    - Loop a towel around the ball of the foot of the affected leg.
    - Gently pull the towel toward you until you feel a stretch in the calf and Achilles.
    - Hold for 15–30 seconds. Repeat 2–4 times.
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### 3. Heel Drop Stretch

- **How to do it:**
    - Stand on the edge of a step with the balls of your feet, heels hanging off.
    - Slowly lower your heels below the step level until you feel a stretch.
    - Hold for 15–30 seconds. Repeat 2–4 times.
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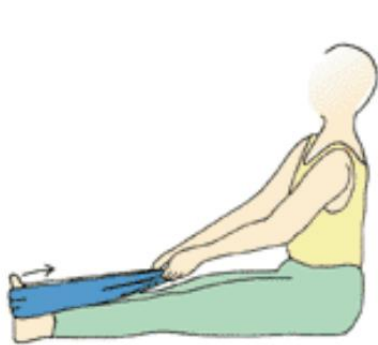
### 4. Toe-to-Wall Stretch

- **How to do it:**
    - Stand facing a wall, about an arm's length away.
    - Place the toes of the affected foot against the wall.
    - Keeping the heel on the floor, gently lean forward until you feel a stretch.
    - Hold for 15–30 seconds. Repeat 2–4 times.
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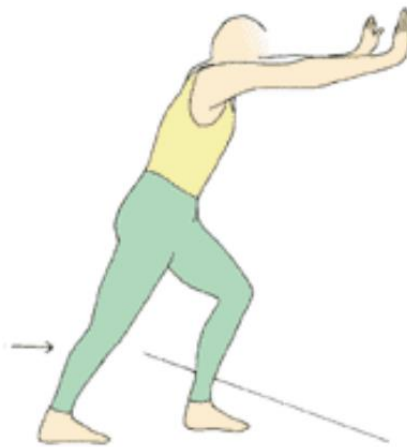
#### Tips:

- Perform stretches 2–3 times daily.
- Avoid bouncing during stretches.
- Never stretch to the point of pain.

## Achilles Tendonitis Exercises



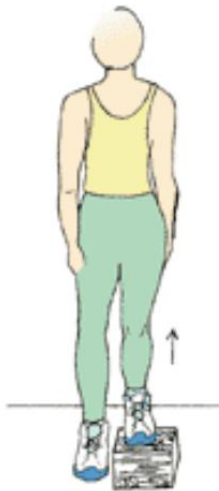
**Towel stretch**



**Standing calf stretch**



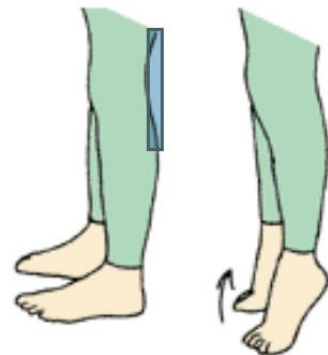
**Standing soleus stretch**



**Step-up**



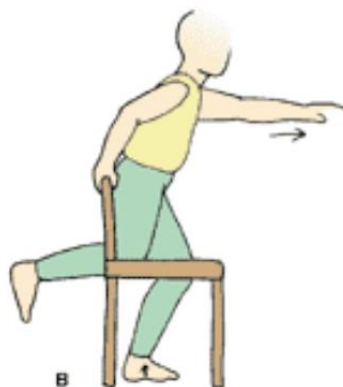
**Plantar fascia stretch**



**Heel raises**



A



B



C

**Static and dynamic balance exercises**