Megan R. Wolf, MD Sports Medicine/Foot & Ankle

863 N. Main St. Ext. Suite 200 Wallingford, CT 06492 Office: (203) 265-3280 Fax: (203) 741-6569

www.meganwolfmd.com



THE SPORTS MEDICINE PATIENT ADVISOR

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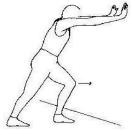
Achilles Tendonitis Rehabilitation Exercises

You can do the towel stretch right away. When the towel stretch is too easy, try the standing calf stretch, soleus stretch, and plantar fascia stretch. When you no longer have sharp pain in your calf or tendon, start exercises 5, 6, and 7.

1. Towel stretch: Sit on a hard surface with your injured leg stretched out in front of you. Loop a towel around the ball of your foot and pull the towel toward your body, keeping your knee straight. Hold this position for 30 seconds and repeat 3 times.

several times a day.

times.





3. Standing soleus stretch: Stand facing a wall with your hands at about chest level. With both knees slightly bent and the injured foot back, gently lean into the wall until you feel a stretch in your lower calf. Once again, slightly toe in with the injured foot and keep your heel down on the floor. Hold this for

30 seconds. Return to the starting position. Repeat 3

4. Plantar fascia stretch: Standing with the ball of your in-

Relax and then repeat 3 times.

jured foot on a stair and slightly toed out, reach for the bottom of the step with your heel until you feel a stretch in the arch of your foot. Hold this position for 30 seconds.

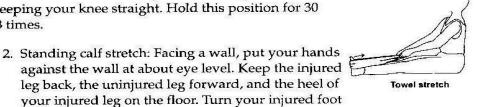
slightly inward (as if you were pigeon-toed) as you slowly lean into the wall until you feel a stretch in the back of your calf. Hold for 30 seconds. Do this

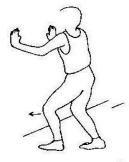


Plantar fascia stretch

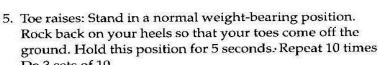


Rock back on your heels so that your toes come off the ground. Hold this position for 5 seconds. Repeat 10 times. Do 3 sets of 10.





Standing soleus stretch





Toe raises

6. Heel raises: Standing, balance yourself on both feet behind a chair. Rise up on your toes, hold for 5 seconds and then lower yourself down. Repeat 10 times. Do 3 sets of 10.