

ACHILLES STRETCHING EXERCISE

The Achilles tendon is the large thick tendon behind your ankle. Two muscles, the gastrocnemeus and the soleus attach to this tendon. When the muscle-tendon unit is tight it places a lot of stress both on the ankle and foot. The exercise below will stretch the muscle-tendon unit.

Place the right leg to the back, the foot should be turned in slightly. Lean against a wall with the left leg slightly bent and in front of the right.

Lean into the wall keeping the right foot flat on the floor. Stretch the Achilles tendon by leaning into the wall for a count of five. Slightly let up on the pressure for a count of two and then lean into the wall again. Continue for about two minutes. Repeat stretching the other Achilles tendon.



Foot flat on the ground



Foot Turned in slightly

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