

### **ACHILLES TENDON STRETCHING EXERCISES**

1. Stand facing the wall with your hands resting flat on the wall.
2. Put the leg to be stretched directly behind the other leg. Both feet should be pointing straight ahead towards the wall.
3. The foot/leg being stretched should be approximately 18 inches from the wall. The other foot should be in front of the stretched foot.
4. Bend your front knee and place your weight on it. Keep your back leg straight.
5. Move your hips toward the wall. You will notice a tightness in the upper portion of your thigh. **Do not bounce.**
6. Continue to hold the stretch until the tightness in your calf goes away. **Do not stretch to the point of pain – only to the point of tightness.**
7. Hold this stretch for a **minimum** of two minutes. Maintain the tension (tightness) throughout the entire stretch.
8. Release and repeat on the other leg unless otherwise instructed.
9. This stretch is best done at the end of the day or at the end of your workout.
10. This stretch can be done a number of times during the day, but at least once on a daily basis.