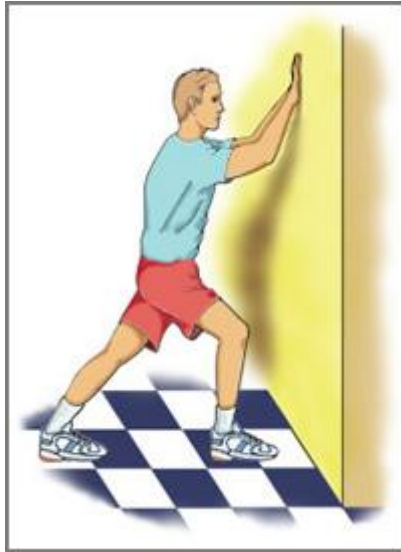




Achilles Tendon Stretch

The Achilles tendon is made up of two separate muscles: the gastrocnemius and the soleus. Therefore, we recommend two different exercises to stretch each:



Exercise #1 (Gastroc Stretch)

- Lean forward against a wall with both feet in a straight line, with both toes pointing directly forward at the wall.
- Your back knee is completely straight.
- Your back heel must remain on the floor at all times.
- Your front knee is bent.
- Lean forward against the wall, keeping the back knee straight and the back heel on the ground at all times.
- Your calf, heel cord and foot arch stretch as you lean.
- Hold for 10 seconds, relax and straighten up.
- **Repeat 20-30 times for each foot.**
(10 in morning, 10 at night)

Exercise #2 (Seated Achilles Stretch)

- Sit on floor with both feet extended. You can sit back against a wall to help support your back if needed.
- Place towel around the upper part of your foot as shown. Towel should be long enough to allow you to keep your knees straight and not put pressure on your back.
- Turn your foot slightly towards the inside (not shown) and gently pull back and hold for 10 seconds.
- Relax and repeat the stretch 10 times, holding for 10 seconds.
- **Repeat 20-30 times for each foot.**
(10 in morning, 10 at night)



Pro Stretch for Achilles Tendon Stretching

Another way to stretch your Achilles is to purchase the item below. You may find it at various sporting goods stores or you may order from the medical store at our website, www.FootLine.com.

You will find the Pro Stretch under the category "Foot Care and Shoe Aids"

www.FootLine.com – Medical Store - "Foot Care and Shoe Aids"

Pro Stretch: PS-100



ProStretch Unilateral

Model Description: ProStretch's unique stretching system formulated to exercise one leg at a time.

Product Description: ProStretch's unique stretching system has been proven to stretch leg muscles easier and far more effectively than any other conventional method. By improving flexibility, ProStretch can alleviate common ailments to the lower extremities.



Qty.



Add to your cart

Price: **\$29.95 each**

Three 30-second step stretches work wonders for heel pain



Step right up to maximize the benefits of safe, effective stretching to control heel pain and discomfort. Developed by sports professionals for everyone, the patented rocker design of ProStretch automatically holds the foot in the optimal position for proper stretching. Just 3 repetitions of 30 seconds each will provide an effective way to help relieve the lower body pain associated with plantar fasciitis, Achilles tendonitis, ankle strain, arch pain, and other chronic conditions.



Other Important Information:

- Material Content: 100% Heavy duty plastic.
- Care: Wash with warm water. Air dry.
- Made in the United States.