

ACHILLES TENDONITIS/CALF STRAIN STRETCHES

Prolonged wearing of high heel shoes can lead to chronic shortening of the calf and Achilles tendon, which leads to injury. Achilles tendonitis generally occurs from overuse with insufficient stretching. Calf strain usually occurs from underuse with inadequate stretching prior to exercise. Both conditions can be managed in a similar way.

The "Super Six Rules" to Stretching Successfully:

- 1 • Warm up (Walk on the spot for 1 to 5 minutes)
- 2 • Hold each stretch one repetition for 30 seconds
- 3 • Do not bounce (Hold in Comfortable position)
- 4 • Be Gentle (No Pain)
- 5 • Breathe Deeply
- 6 • Stretch both sides equally



Outer Calf Stretch



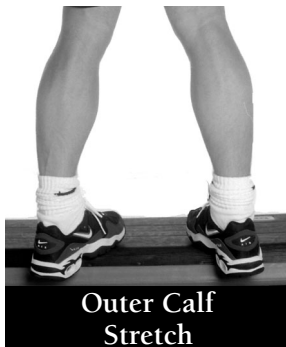
Inner Calf Stretch



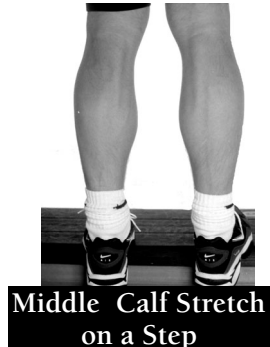
Standing Shin Stretch



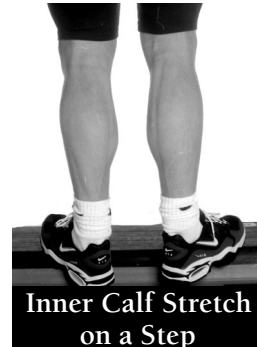
Half-Kneeling Shin Stretch



Outer Calf Stretch



Middle Calf Stretch on a Step



Inner Calf Stretch on a Step



Inner Ankle Stretch



Outer Ankle Stretch



Sitting Calf Stretch

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