

# Family Footcare, PC

## Achilles and Heel Stretching Exercises

### Calf-plantar fascia stretch



Sit with your legs extended and your knees straight.

Loop a towel around the leg to be stretched. Position the towel so that it goes around your foot just under the toes.

Hold each end of the towel in each hand, with your hands positioned above your knees.

Pull back with the towel so that your foot stretches toward you.

Hold the position for at least 15 to 30 seconds.

Repeat 2 to 4 times a session, up to 5 sessions a day.

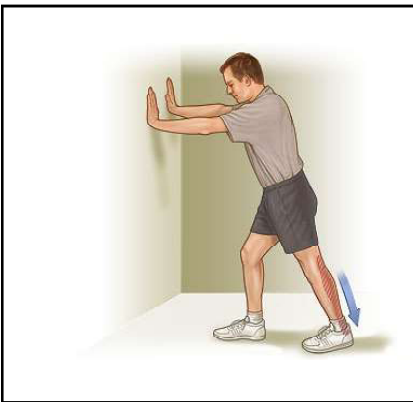
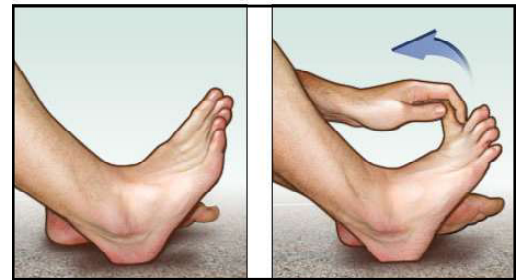
### Toe stretch

Sit in a chair and extend your affected leg so that your heel is on the floor.

With your hand, reach down and pull your big toe up and back (toward your ankle and away from the floor).

Hold the position for at least 15 to 30 seconds.

Repeat 2 to 4 times a session, up to 5 sessions a day.



### Calf stretch

Place your hands on a wall for balance. You can also do this with your hands on the back of a chair, a countertop, or a tree.

Step back with your left leg. Keep the leg straight, and press your left heel into the floor.

Press your hips forward, bending your right leg slightly. You will feel the stretch in your left calf.

Hold for at least 15 to 30 seconds.

Repeat 2 to 4 times for each leg.

### Stair stretch

Stand with the balls of both feet on the edge of a stair or curb (or even a medium phone book), with at least one hand holding on to something solid, such as a banister or handrail, to help you keep your balance.

Keeping your affected leg straight, slowly let that heel hang down off of the stair or curb until you feel a stretch in the back of your calf and/or Achilles area. Some of your weight should still be on the other leg.

Hold this position for at least 15 to 30 seconds.

Repeat 2 to 4 times a session, up to 5 times a day or whenever your Achilles tendon starts to feel tight.

