



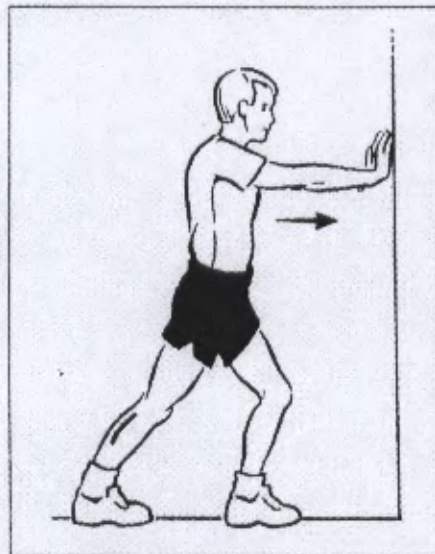
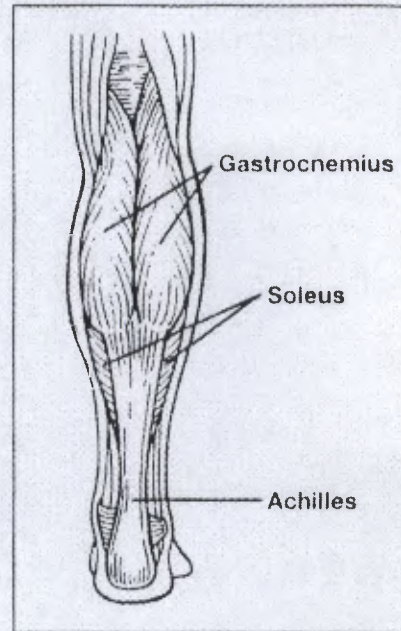
FROM  
YOUR DOCTOR

# Achilles stretches

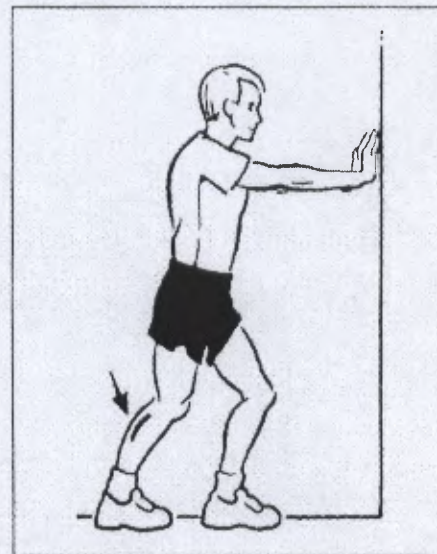
Achilles tendinitis usually results from chronic stress. Tightness in the gastrocnemius and soleus muscles produces strain on the Achilles tendon when your foot pushes off the ground (see Figure). You may have pain when you run or walk. If your job involves walking, especially up stairs or up a ramp, you may be more likely to get Achilles tendinitis.

Your doctor may prescribe rest, a heel cup or heel lift to support the tendon, and medicine for relief of pain and inflammation. You may also be asked to do exercises to increase muscular flexibility in the lower leg and ankle.

The stretches shown here can help. But wait until your pain is almost gone to do them. Doing these stretches when pain is severe may rupture your Achilles tendon. □



**Wall stretch #1:** Place your foot a comfortable distance from a wall. Your foot should point straight forward, and your heel should remain on the floor. Gently lean forward.



**Wall stretch #2:** Place your foot a comfortable distance from a wall. Your foot should point straight forward, and your heel should remain on the floor. Bend your knee as though you were trying to touch it to the floor.

These stretches should be held for 30-60 seconds. Repeat 3-4 times twice daily.

Source: Central Indiana Sports Medicine, Anderson, Ind.

**patient  
care**

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