

# THE ARIZONA INSTITUTE FOR RESTORATIVE FOOT AND ANKLE SURGERY, INC.

*David Lee, D.P.M.*

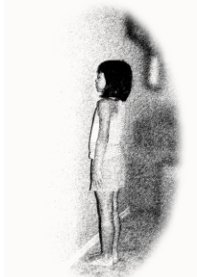
Diseases and Surgery of the Foot & Ankle  
Diplomate of the American Board of Podiatric Surgery

## ACHILLES TENDON (HEEL CORD) STRETCHES

The proper technique for stretching is vital to get the most effective results AND prevent injury.

1. To stretch your right achilles tendon:

a. Stand directly in front of a wall or countertop.



b. Take 2 steps backwards and stand with your feet together and straight ahead.



c. Make certain that your feet are pointing straight ahead and not turned outward. This is very important.



d. Step with your left foot half the distance to the wall while keeping your right foot firmly in its place.



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e. Bend your left knee while keeping your back (right) knee perfectly straight & locked. You will feel a pull in your calf muscles. You should not feel any pain at the heel area. If you do, then you are doing the stretch too forcefully or incorrectly.



\*\* Note that the back is straight and the back heel is on the ground.

2. Hold the stretch for 30 seconds & alternate the locking and bent knees.

3. Repeat this exercise at least 5 times a day.

Suggested regimen:

1. The moment you get out of bed.
2. Breakfast
3. Lunch
4. Dinner
5. Right before you go to sleep

Notes:

1. You should never feel pain in the heel. If you do you must decrease the force of the stretch.
2. Keep your REAR foot STRAIGHT AHEAD and not turned out.
3. Don't bounce while you are stretching.

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