



LOWER LIMB STRETCHES

Wall push-ups or stretches

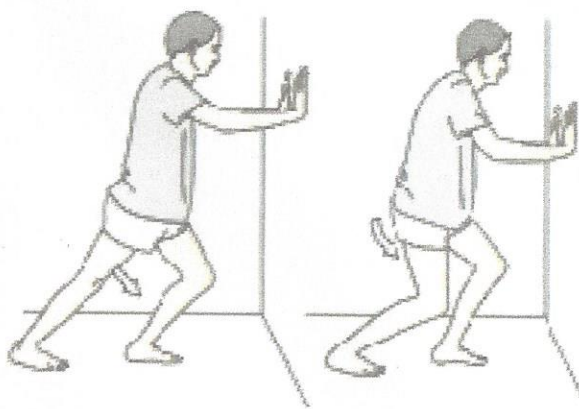
These exercises need to be performed first with the knee straight and then with the knee bent in order to stretch both parts of the Achilles tendon.

Twice a day do the following wall push-ups or stretches:

(a) Face the wall, put both hands on the wall at shoulder height, and stagger the feet (one foot in front of the other). The front foot should be approximately 30 cm (12 inches) from the wall. With the front knee bent and the

back knee straight, lean into the stretch (i.e. towards the wall) until a tightening is felt in the calf of the back leg and hold for 30 seconds, and then ease off. Repeat 10 times.

(b) Now repeat this exercise but bring the back foot forward a little so that the back knee is slightly bent. Repeat the push-ups 10 times.

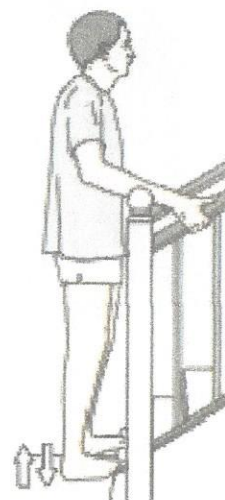


Stair stretches for Achilles tendon and plantar fascia

Holding the stair-rail for support, with legs slightly apart, position the feet so that both heels are off the end of the step.

Lower the heels, keeping the knees straight, until a tightening is felt in the calf. Hold this position for 30 seconds and then raise the heels back to neutral.

Repeat 5 times, at least twice a day as a minimum.



Achilles tendon and plantar fascia stretch

Loop a towel, a piece of elastic, a dressing gown cord or a tubigrip around the ball of your foot and, keeping your knee straight, pull your toes towards your nose until you feel the stretch.

Holding for 30 seconds, repeat 5 times for each leg.

Repeat again 5 times at night.

Repeat the above this time with a cushion underneath the knee for Soleus.

