

**Perform at least three sets of stretches per day. You cannot perform the stretch too often. The most important times to stretch are before taking the first step in the morning and before standing after a period of prolonged sitting.**

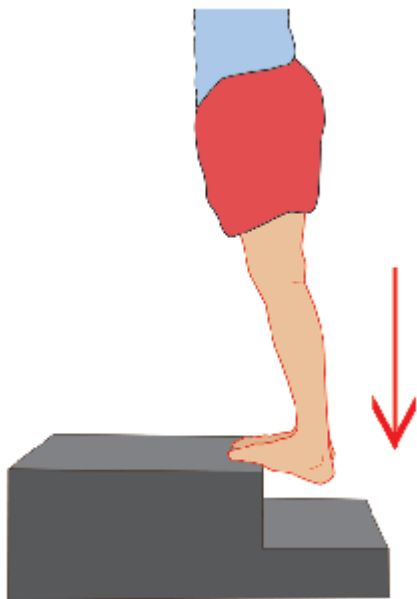
### **Straight Leg**

Stand on the staircase, using any step. Shift your weight onto your left foot.

Slide your right foot backward until the ball of your foot and toes remain on the stair, while the heel hangs over the edge. Keep both legs straight throughout the activity.

Hold onto the wall or railing for support. Lower your right heel until you feel a stretch in your right calf.

Breathe normally and maintain the stretch for 15 to 30 seconds. Switch legs and perform the stretch on your left leg. Repeat the stretch two to four times on each leg.



### **Achilles Tendon Stretch**

1. Place a shoe insert under your affected foot.
2. Place your affected leg behind your unaffected leg with the toes of your back foot pointed towards the heel of your other foot.
3. Lean into the wall.
4. Bend your front knee while keeping your back leg straight with your heel firmly on the ground.
5. Hold the stretch for a count of 10. A set is 10 repetitions.
6. Perform the stretch at least three times a day.



**Calf Stretching with towel/resistance band:**

1. In a seated position, sit with legs fully extended with no bend in your knee. Keep your back straight.
2. Place a towel or resistance band around the ball of one of your feet and gently pull toes toward you until you feel a good stretch in your calf muscle.
3. Hold this position for 15-20 seconds each side and repeat 5-10 time per leg twice daily.

