

Achilles tendon stretch

Starting position: Standing on a step, facing up the stairs, with your toes on the step and heels hanging over the edge.

Action: Slowly lower your heels down until you feel a stretch in the back of your legs, just below the knee. Hold for 5 seconds then lift back up to the starting position. Repeat 6 times. Do not bounce.



These sheets are for guidance only. Although carrying out the exercises on this sheet correctly may be beneficial to you, these sheets do not nor are they intended to replace a proper assessment from your Chartered Physiotherapist. It is advisable that you discuss how to carry out the exercises contained on this sheet with your Physiotherapist at your next session. Should you have any questions regarding the exercises contained on this sheet please feel free to discuss same with your Physiotherapist at your next treatment session. The management accepts no responsibility whatsoever for the content or accuracy of these sheets or any issues resulting from same.

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