

Achilles Tendon Stretch



Stand arms length from the wall, feet shoulder width apart. Best to do with shoes off.



Turn feet slightly inward (“pigeon-toe”).



Keeping knees, back, head and neck straight, lean into the wall from your heels, feeling a gentle pull in the calf or achilles tendon. Hold for 30 seconds and repeat 3 times, leaning slightly closer to the wall with your chest each time. Repeat series throughout the day, especially upon arising, before and after physical activity, and at night before going to bed.

