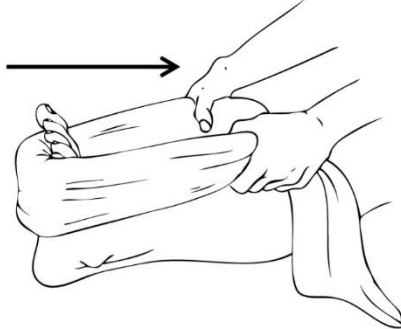
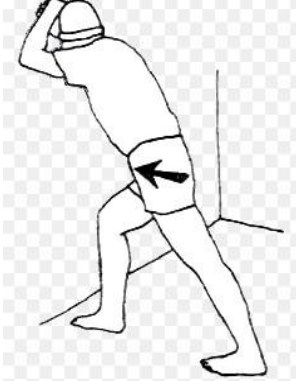
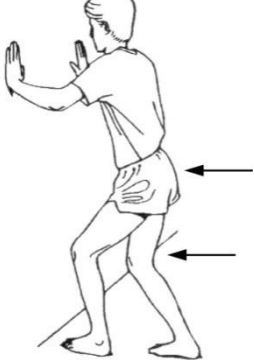
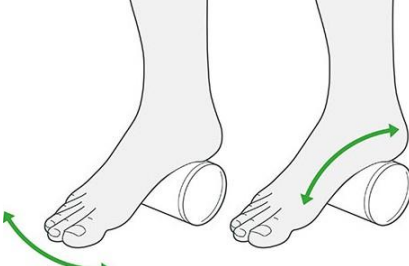


ACHILLES STRETCHES

	<p>Achilles stretch, long sitting:</p> <p>While sitting with your knee straight, place a towel around the bottom of your foot, with an end in each hand. Slowly pull towel until you feel a gentle stretch. Hold 30 seconds and repeat 3 times, 3 times daily.</p>
	<p>Achilles stretch, gastrocnemius:</p> <p>Stand facing a wall, with one foot in front of the other. Place your hands on the wall. Lean forward, pushing your hips to the wall. Bend the front leg, leaving the rear leg straight and keeping both heels on the floor. Continue until you feel a gentle stretch. Hold for 30 seconds, then repeat with the other leg forward. Repeat 3 times.</p>
	<p>Achilles stretch, soleus:</p> <p>Stand facing a wall, with one foot in front of the other. Lean forward with your hands on the wall. Bend both legs slightly, keeping both heels on the floor. Continue until you feel a gentle stretch. Hold for 30 seconds, then repeat with the other leg forward. Repeat 3 times.</p>
	<p>Arch stretch:</p> <p>Seated, feet on floor, place foot over rolling pin, coke bottle, or golf ball, etc., with slight to moderate pressure. Roll foot from heel to toes and reverse. Perform stretch for 5 minutes. Repeat 3 times with each foot.</p>