

Achilles Tendon Stretching

The Center for Orthopedic Surgery

Do this stretching routine 2 or 3 times per day.



Stand at arms length away from the wall, with the extremity to be stretched behind you. Make sure that your foot is pointed straight ahead. Keep your heel on the ground and your knee straight. Lean into the wall and bend the opposite knee. Do not bounce back and forth. This is to be a steady, sustained stretch. Hold this for a count of 20 seconds. Repeat 5 times for each leg.



From the same position, bend the knee of the leg your are stretching. Be sure to keep your foot straight ahead and the heel on the ground. Hold for a count of 20 seconds and repeat 5 times for each leg.