

ACHILLES TENDONITIS EXERCISES



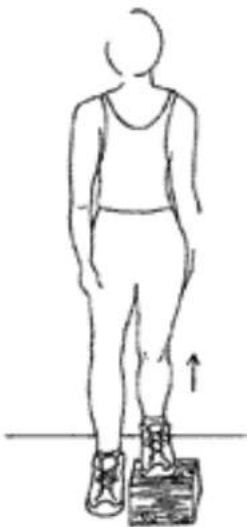
Towel Stretch



Standing calf stretch



Standing soleus stretch



Step-up



Plantar fascia stretch



Heel raises



A



B



C

Static and Dynamic Balance Exercises