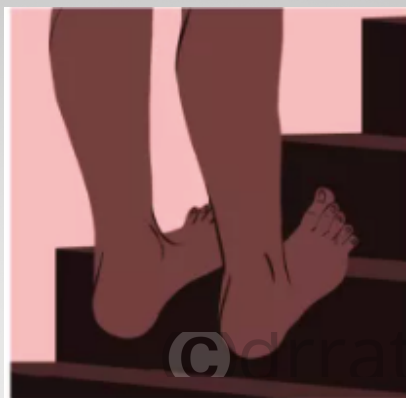


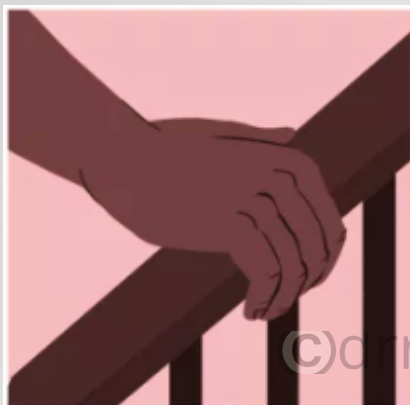
Heel pain stretching exercises

15 repetitions of 3 sets
2 times daily
for 12 weeks



1.

Stand on a step with the balls of your feet on the edge



2.

Hold onto something stable for balance



3.

Keep both knees straight



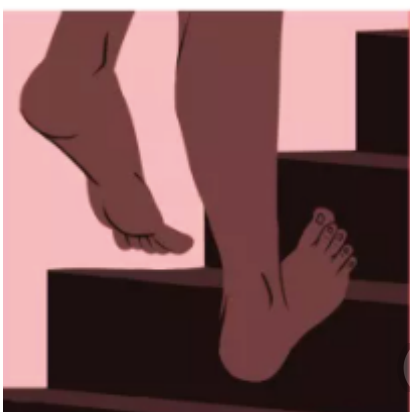
4.

Using both feet, lift your heels and rise up onto the balls of your feet



5.

Keep your foot with the painful Achilles' tendon on the step, and lift your non-injured foot off the step



6.

Slowly lower yourself down using your injured ankle



7.

Return your non-injured foot to the step and repeat the exercise