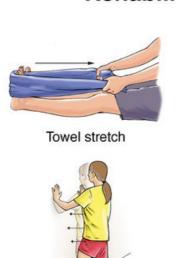
Achilles Tendon Injury Rehabilitation Exercises



Standing soleus stretch



Balance and reach exercise A



Standing calf stretch



Side-lying leg lift



Eccentric calf strengthening



Balance and reach exercise B

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