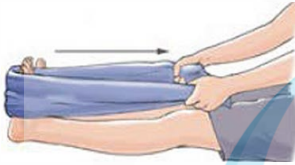


Achilles Tendon Injury Rehabilitation Exercises



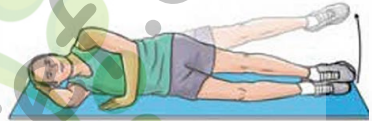
Towel stretch



Standing calf stretch



Standing soleus stretch



Side-lying leg lift



Step-up



Eccentric calf strengthening



Balance and reach exercise A



Balance and reach exercise B