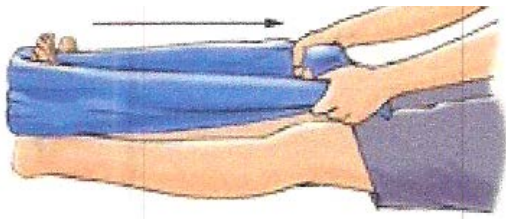
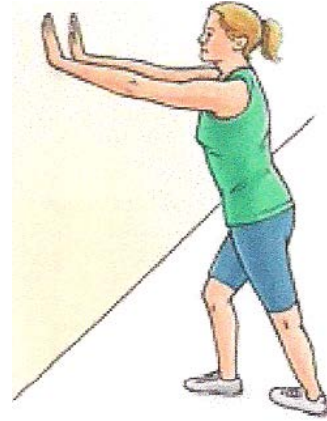


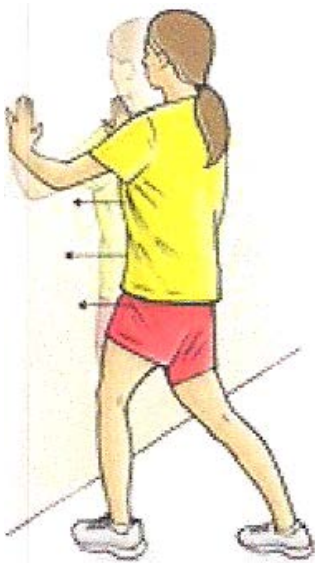
Achilles Tendon Injury Rehabilitation Exercises



Towel stretch



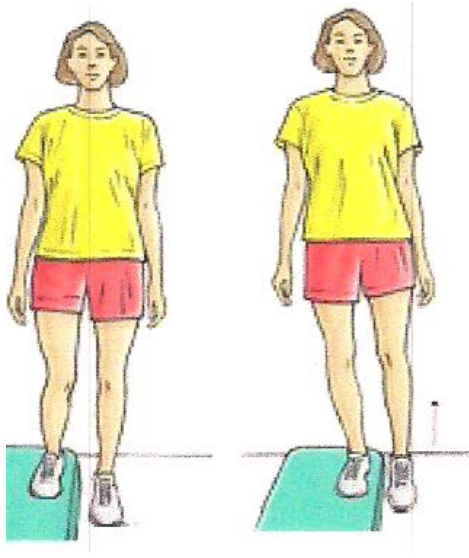
Standing calf stretch



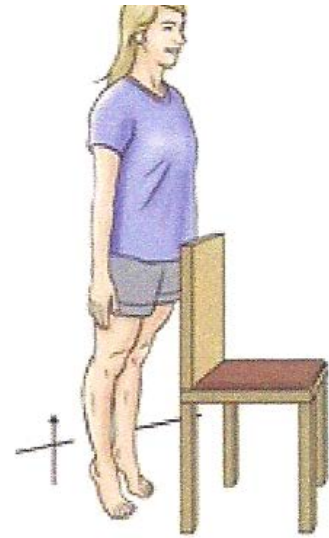
Standing soleus stretch



Side-lying leg lift



Step-down



Eccentric calf strengthening



Balance and reach exercise A



Balance and reach exercise B