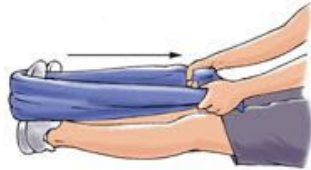


Achilles Tendonitis Rehabilitation Exercises



Towel stretch



Standing calf stretch



Standing soleus stretch



Side-lying leg lift



Step-up



Heel raise



Balance and reach exercise A



Balance and reach exercise B

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