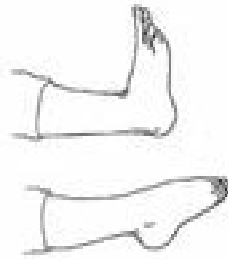
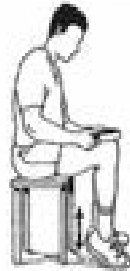


Achilles Tendon Stretches – page 2



1/ Circulation exercise



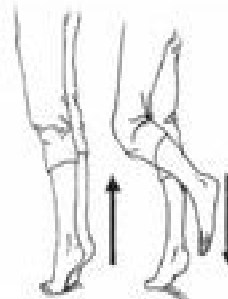
2/ Sitting toe-raise



3/ Two-legged toe-raise standing on the floor



4/ One-legged toe-raise standing on the floor



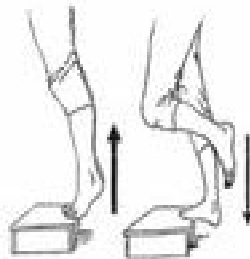
5/ Eccentric toe-raise standing on the floor



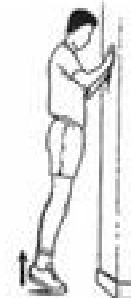
6/ Two-legged toe-raise standing on a step



7/ One-legged toe-raise standing on a step



8/ Eccentric toe-raise standing on a step



9/ Quick rebounding toe-raise