



CALF & ACHILLES TIGHTNESS

INJURY, ACHES & PAINS

Check In (fill in weekly).

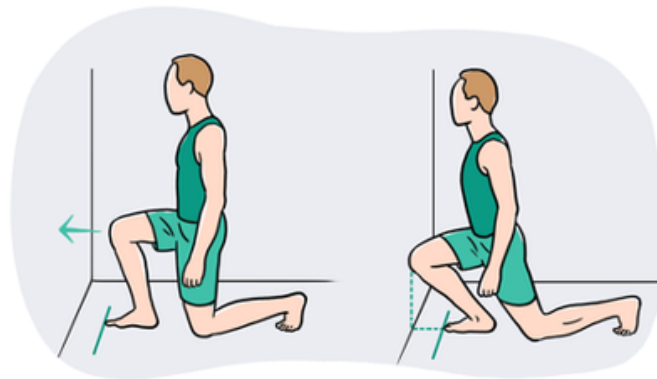
Knee to wall test – Measure in cm GOAL – 10 CM

- Facing a wall, take yourself into a lunge position so that your toes are making contact.
- Lunge forwards to see if you are able to get your front knee to touch the wall without lifting the heel off the ground.
- If you manage a knee touch and the heel stays on the ground, move yourself a little further away from the wall and try again. Make sure your lunging knee travels directly forwards over the centre toe; if you allow it to drift inwards, the inner arch of the foot will fall and you will be able to get much further from the wall (giving a false result).
- Make a note of the maximum toe-to-wall distance achieved on that ankle (e.g. place a block) and then swap legs over to repeat the test for the other ankle at that distance.



[Click here for youtube Demo](#)

KNEE-TO-WALL DORSIFLEXION ANKLE TEST



Date	WEEK 1	WEEK 2	WEEK 3	WEEK 4	TOTAL IMPROVEMENT
Left					
Right					



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Every Day Tasks



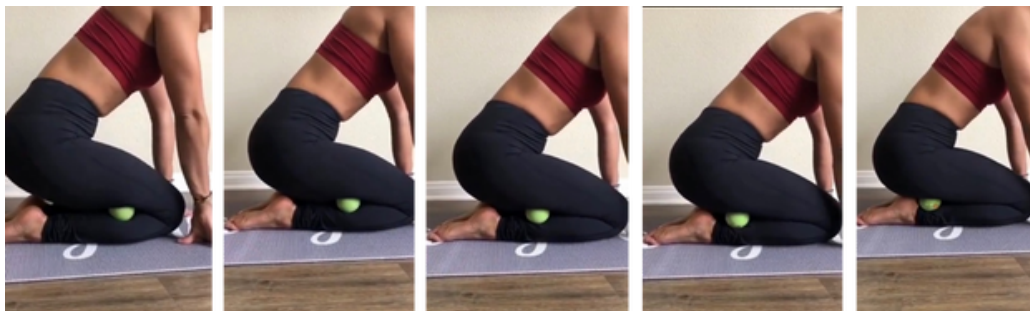
1. Rolling tennis ball/ massage ball/ golf ball under foot whilst seated (watching tv, working etc...)



2. Every time you go upstairs, hold on one step for 20 second stretch with the balls of feet on the step and push the heels down.

Trigger Point Therapy

For this section we are going to use a ball to trigger point the calf. Tennis ball, spikey massage ball, cricket ball, anything along those lines which is pretty firm. Begin with the ball behind the knee and sit back onto it to squeeze it between the thigh and calf. Sit back as far that is comfortable for you, aim to add more pressure every time. Move the ball further down the leg, aim for around 5 points. Hold for 20 seconds and repeat 3 times, on each area shown below.





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STRETCHING PROGRAM

(Perform 3-4 times a week, the more the better)

With stretching always push the stretch to a 'comfortable' range. You should feel a strong stretch but should never be in pain. Push yourself as far as you can and work on improving the range each time.



Door Stretch

Stand facing a wall, place one leg in front of you and your hands flat against the wall. Keep both heels on the ground, and your front knee bent. Push your front knee forward towards the wall to feel a stretch in the lower back part of the leg (bottom of the calf muscle and the Achilles).

Repeat 3 times
Hold for 20 Seconds
Perform both sides



Seated Towel Stretch

Place a towel/exercise band around the ball of the foot and pull towards you to stretch the calf and Achilles.

Repeat 3 times
Hold for 20 Seconds
Perform both sides



Lying Towel Stretch

Place a towel/exercise band around the ball of the foot and pull towards you to stretch the calf and Achilles. This time with the leg raised to incorporate the hamstrings.

Repeat 3 times
Hold for 20 Seconds
Perform both sides



Calf Raise

Standing calf raises on a step. Perform slowly and controlled. In the downwards phase hold at the bottom so the Achilles is on stretch for 5 seconds before pushing back up into the calf raise.

10 Reps
3 sets



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Down Dog Foot Walks

Staying in the down dog position. Keeping the balls of the feet on the floor. Alternate lifting the heels in a walking motion squeezing the heel back down slowly with every rep.

20 Reps
3 Sets



Split Stance Squat

In a split stance one foot in front on the other. Perform the movement like a squat but with a staggered stance, 1Keep both heels on the floor. The further you drop the back knee the more mobility in the Achilles.

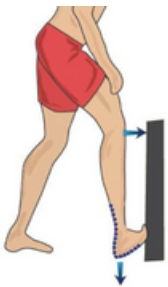
10 Reps each side
3 Sets



Raised Step Lunge

Using a step perform a lunge resting the ball of your forward foot on a box. Lean into the movement by moving your knee forward over the toe to feel the stretch in the Achilles.

Repeat 3 times
Hold for 5 Seconds
Perform both sides



Raised Toe Wall Stretch

Stand near a wall in a split stand. Raise your toes onto the wall keeping the heel on the floor. Drive your knee towards the wall to stretch the arch of your foot.

Repeat 3 times
Hold for 20 Seconds
Perform both sides