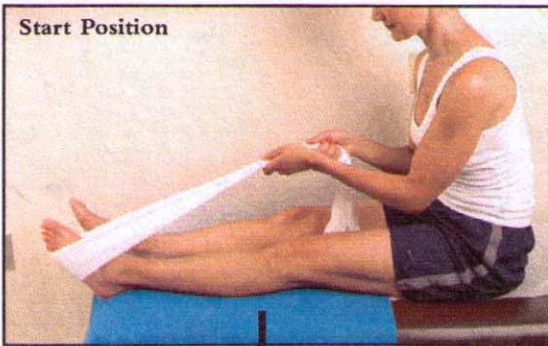


Achilles/Plantar Fascia Stretching and Strengthening Program

The patient begins a stretching program (Level One) 72 hours after the injection and progresses to a strengthening program two weeks later (Level Two).

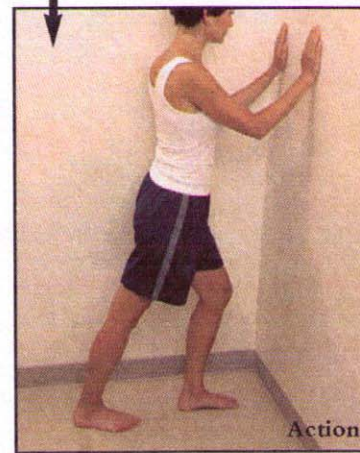
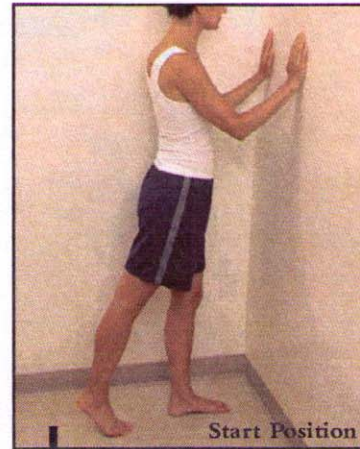
Level One: Stretching

The stretches in this section should be done daily for two weeks. When the pain improves, proceed to Level Two. The band included in the Recover® Kit may also be utilised for stretching.



Passive Seated Achilles/Plantar Fascia Stretching Exercise

| | |
|----------------|---|
| Purpose | To passively stretch the Achilles and Plantar Fascia. |
| Start Position | Seated with leg fully extended. Loop a towel/band around your foot. |
| Action | Slowly and gently pull the towel/band toward your chest. This will stretch your Achilles and Plantar Fascia. |
| Parameters | Hold the stretch for 20 seconds and repeat 10 times. |
| Tips | Keep your knee fully extended and make sure to do the stretch slowly. Do not stretch into any significant pain. |

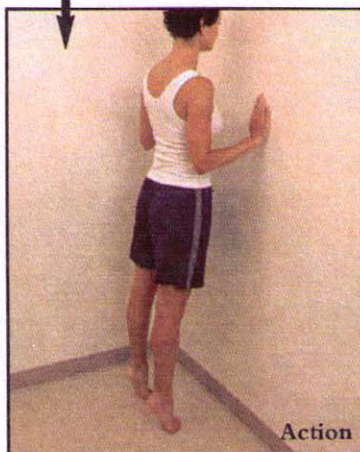
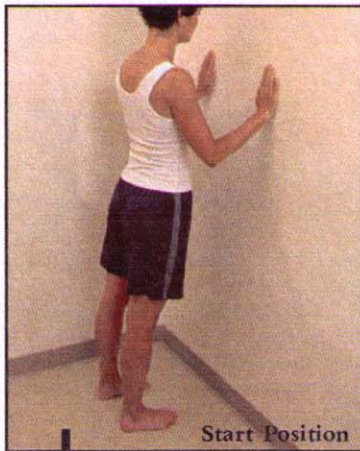


Calf/Achilles Standing Stretching Exercise

| | |
|----------------|--|
| Purpose | To gain flexibility in the muscles that run along the back of your lower leg. |
| Start Position | Lean against the wall with the leg to be stretched behind the other. Disperse weight of back leg on the ball of the foot. |
| Action | Shift your body weight toward the wall and gently press back heel to the floor. Perform exercise with back knee completely straight. |
| Parameters | Hold stretch for 20 seconds, Repeat 10 times. |
| Tips | Keep back heel on the ground during the 20 second stretch; the movement for this stretch is subtle. |

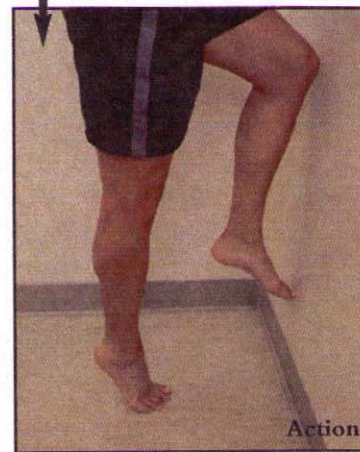
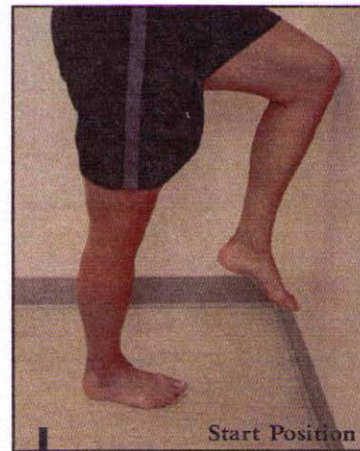
Level Two: Strengthening

The exercise in this section should be done every other day for 2–4 weeks after completion of Level One Stretching.



Heel Raises Strengthening Exercise

| | |
|----------------|---|
| Purpose | To strengthen the muscles along the back of the lower leg/ankle. |
| Start Position | Stand with feet flat on the floor and hands on a wall. |
| Action | While keeping the balls of the feet on the ground, lift both heels off the floor. |
| Parameters | Repeat for 3 sets of 25–30 repetitions. |
| Tips | Lower the weight back to the floor very slowly in comparison to the rate in which you raise it (1 second up, 3 seconds down); distribute the weight evenly between the first and fifth toe throughout the exercise. |



Heel Raises Strengthening Exercise

| | |
|----------------|---|
| Purpose | To strengthen the muscles along the back of the lower leg/ankle. |
| Start Position | Stand on the leg to be exercised next to the wall. |
| Action | While keeping the ball of the foot on the ground, lift your heel off the floor. |
| Parameters | Repeat for 3 sets of 25–30 repetitions. |
| Tips | Lower the weight back to the floor very slowly in comparison to the rate in which you raise it (1 second up, 3 seconds down); distribute the weight evenly between the first and fifth toe throughout the exercise. |