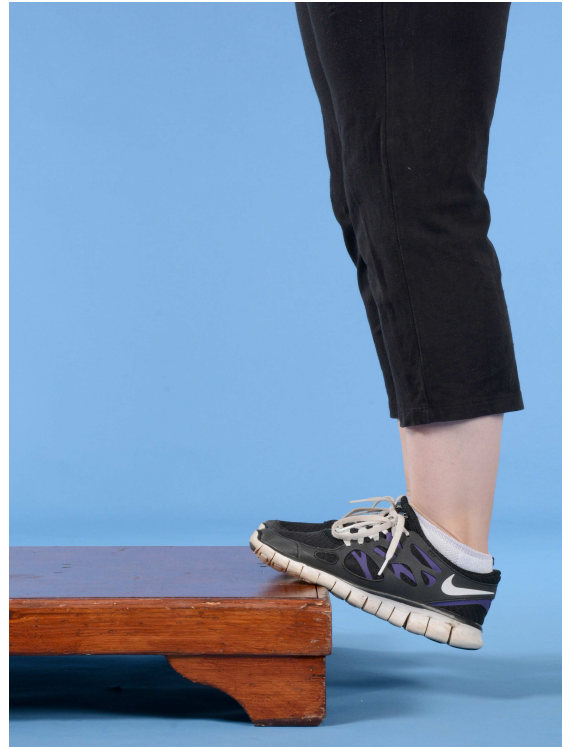


## Dynamic Calf / Achilles Tendon Stretches

1. Holding onto something lightly for balance
2. Stand with your foot half on the step
3. Rise up onto your tip toes
4. Slowly lower the heels off the end of the step
5. Start with knee straight and progress to knee bent

Hold for..... seconds

Repeat..... times



6. Progress this by doing the above exercises single leg

Hold for..... seconds

Repeat..... times

