

INJURY PREVENTION

ACHILLES TENDON

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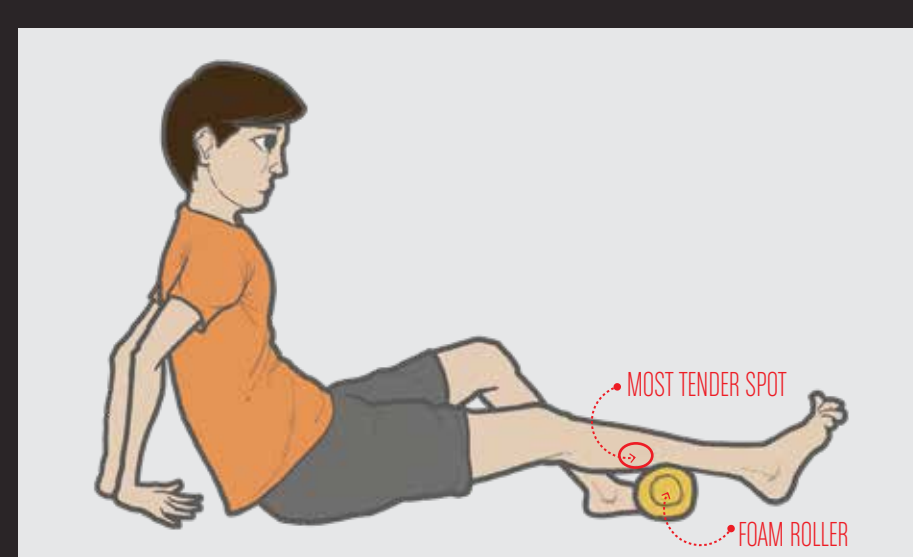
STRETCHES

1 CALF MUSCLE RELEASE

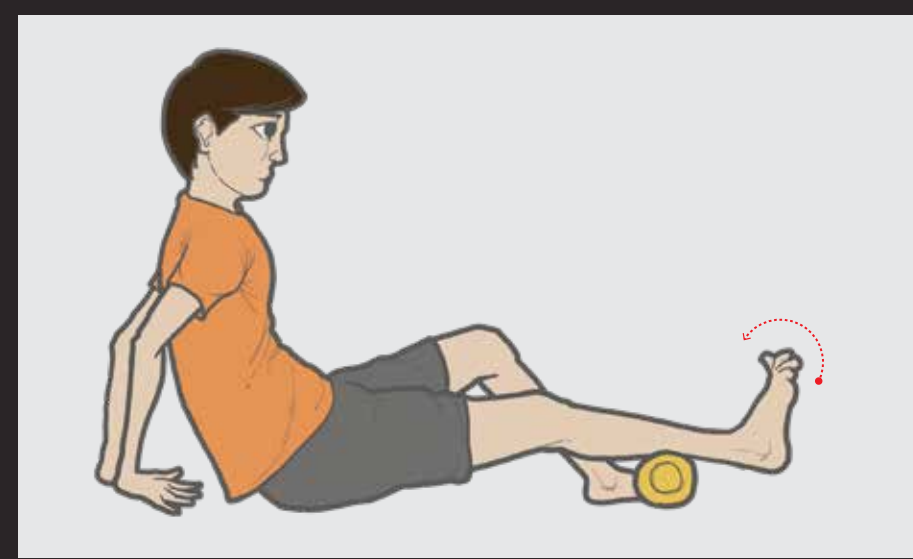
Before stretching the achilles tendon, it is recommended that we release pressure on the calf muscles. You will need a **foam roller** or a similar object to release pressure points on your calf muscle to perform this massage.



A Sit flat on the floor with legs stretched forward and the foam roller under the calf muscle.



B Move the roller backward or forwards to find the most tender portion of your calf muscle and position the roller just below that area.



C Lift your toes towards your knees and hold the position for about 2 secs., 20 times and do the same with the leg.

2 CALF STRETCH



A Sit flat on the floor with both your legs stretched straight forward.



B Pull your toes towards you with a strap or a belt and hold the position for as long as necessary.

3 SOLEUS STRETCH

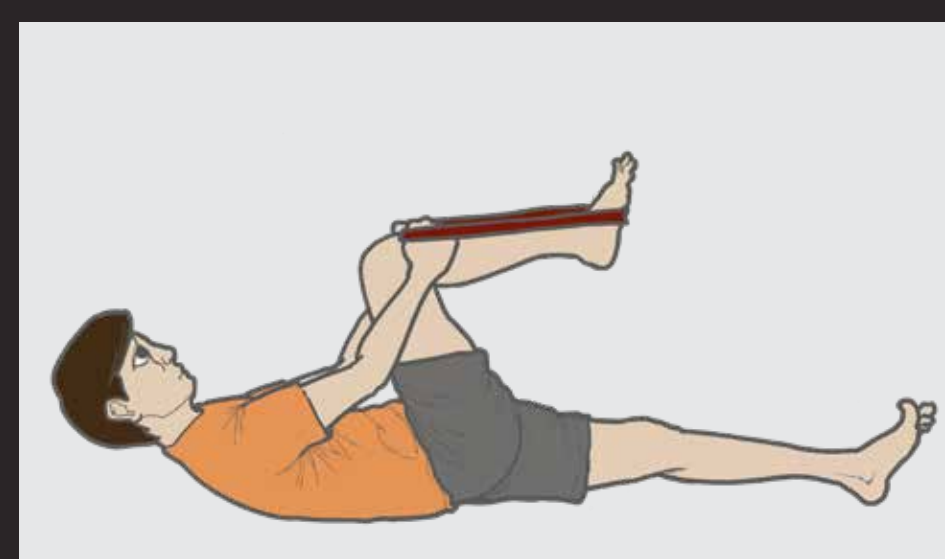


A Sit flat on the floor with a knee bent towards your chest.



B Pull your toes towards your knee with hands and hold the position.

4 HAMSTRING STRETCH



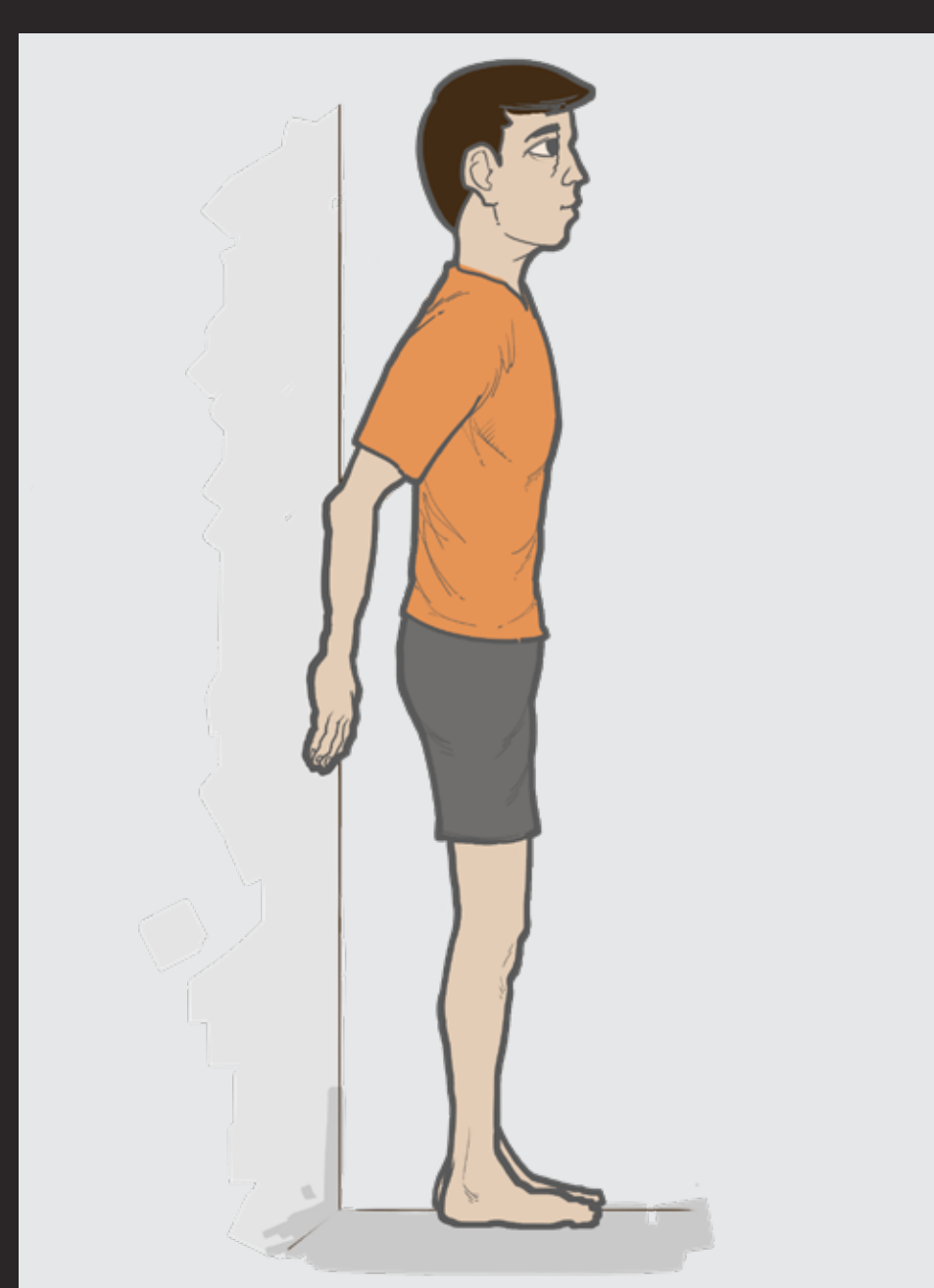
A Lay flat on the floor lift one leg up with the help of a belt or a strap under your foot.



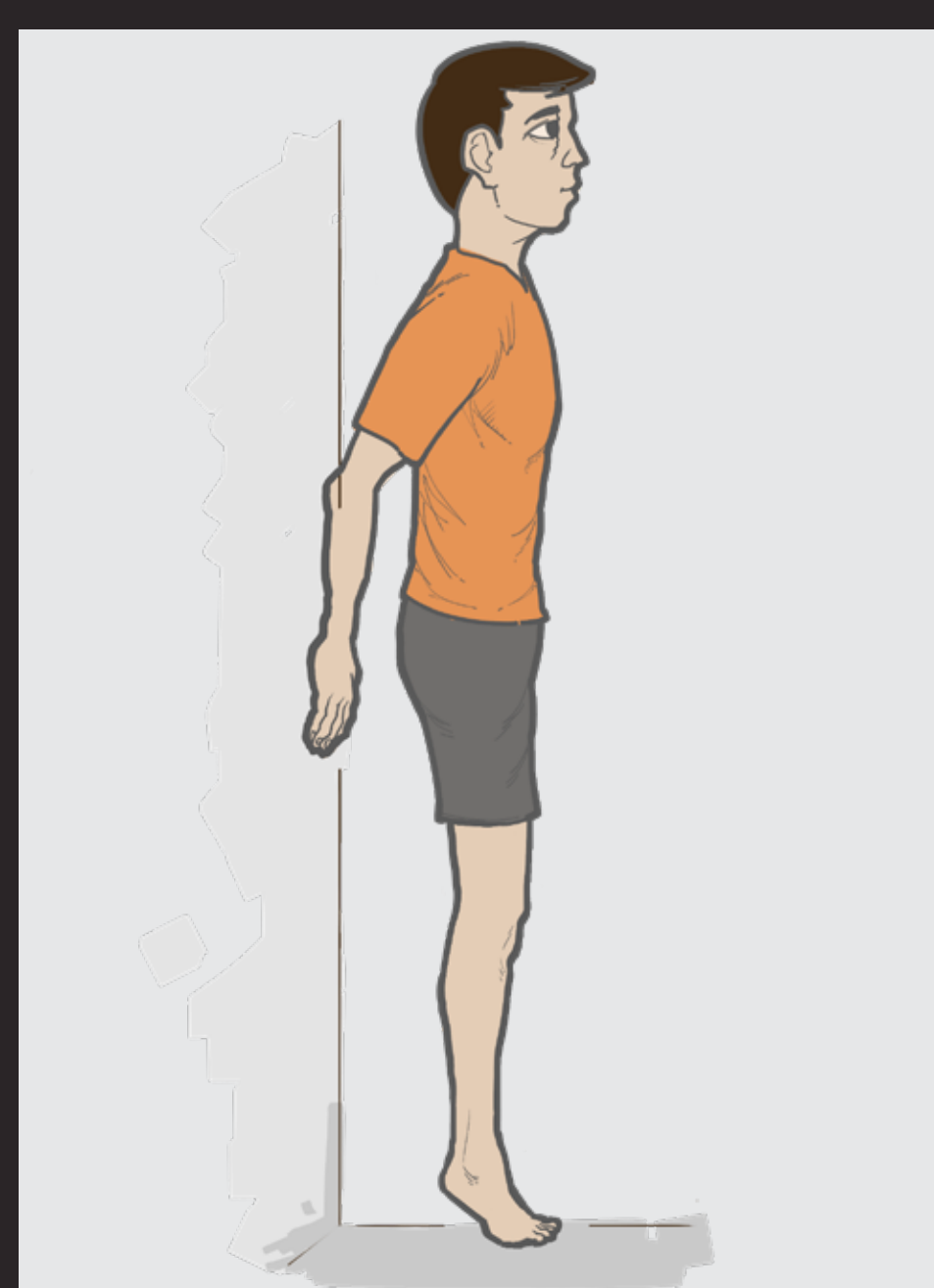
B Keep your balance as you pull your toes towards your knees with the strap.

EXERCISES

5 CALF EXERCISE



A Find a wall or something that can help your balance while standing. Stand up straight with your entire weight on the ball of your foot.

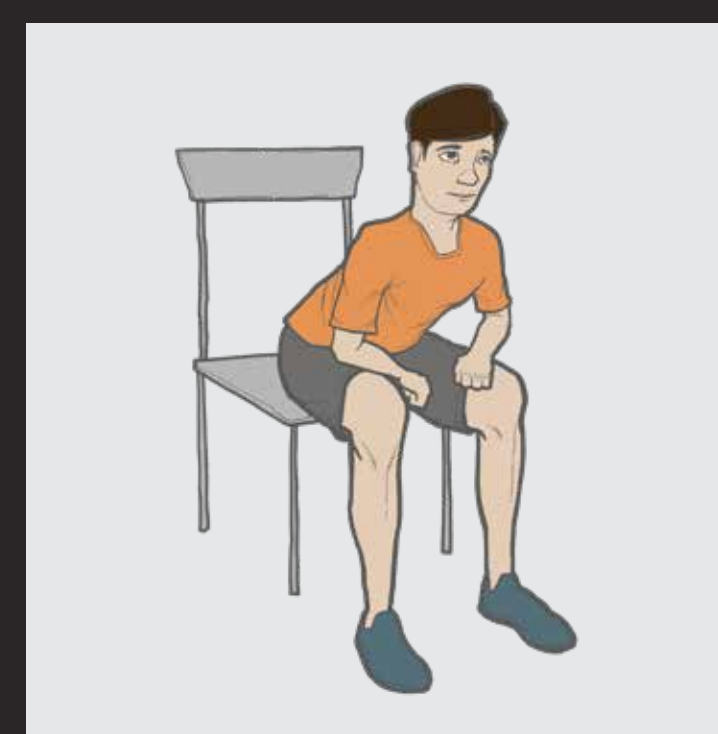


B Lift your weight from the ball of your foot making a pause at the top of the lift and back. Make as many repetitions as you can.

6 SOLEUS EXERCISE



A Sit down near the edge of a chair with your elbows leaning on your knees for additional weight.

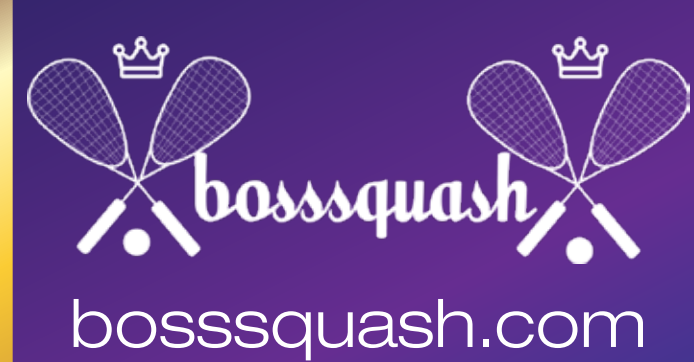


B Bring your body weight on top of your knees as you lift the weight from the ball of your foot as far as you can.



C Hold the position and release. Make as many repetitions as you can.

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<https://boss squash.com/blog/injury-prevention-achilles-tendon/>
<http://squashmagazine.ussquash.com/2016/02/achilles-injury-prevention/>

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