

# INJURY PREVENTION

# ACHILLES TENDON

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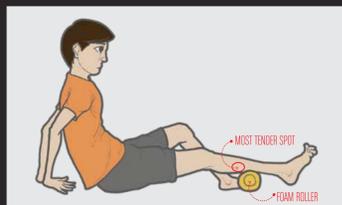
## STRETCHES

### 1 CALF MUSCLE RELEASE

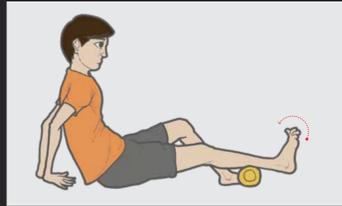
Before stretching the achilles tendon, it is recommended that we release pressure on the calf muscles. You will need a **foam roller** or a similar object to release pressure points on your calf muscle to perform this massage.



**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



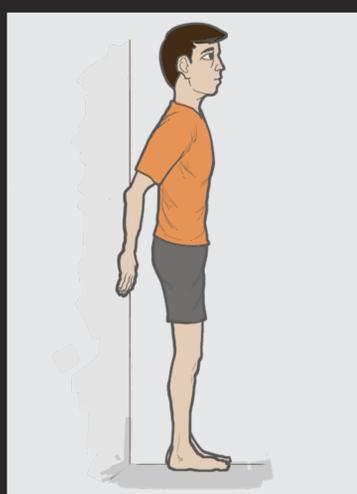
**A** Lay flat on the floor lift one leg up with the help of a belt or a strap under your toes.



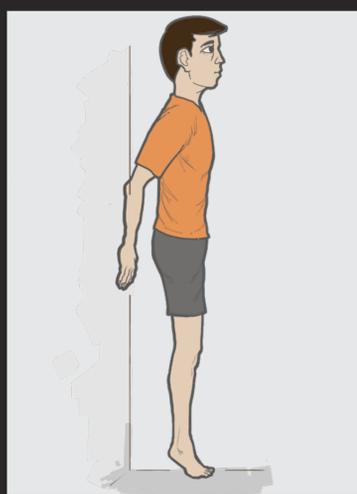
**B** Keep your balance as you pull your toes towards your knees with the strap.

## 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.

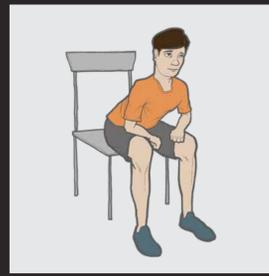


**B** Lift your weight from the ball of your foot making a pause at the top of the lift and back. Make as many repetitions as you can.

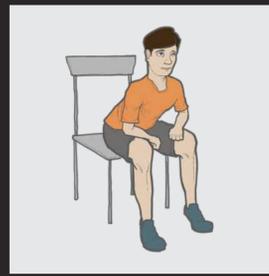
### 6 SOLEUS EXERCISE



**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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<http://squashmagazine.ussquash.com/2016/02/achilles-injury-prevention/>

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