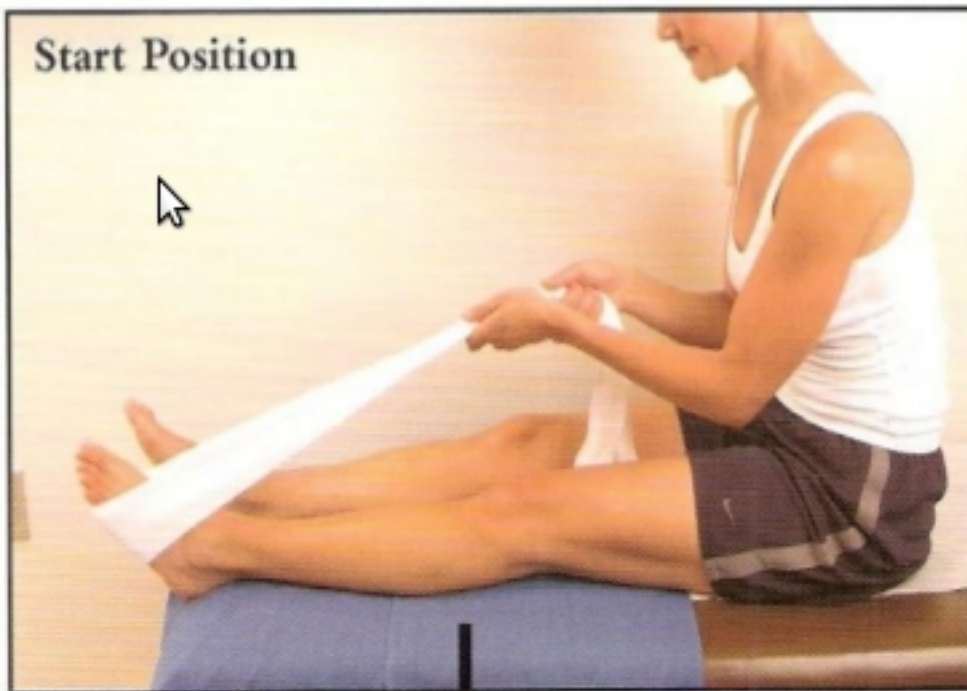

Exercises and management after treatment of the plantar aponeurosis, Achilles tendonitis or posterior tibial muscle tendonitis, level 1 - stretching

After growth factors injection we introduce immobilization (a stabilizer or a cast shoe) for 2-3 weeks. At least first 72 hours with non-weight bearing and walking with crutches. We start stretching

exercises no sooner than 72 hours after injection. The exercises must be done every day for 2 weeks. When pain ailments wear off, we proceed to level 2 exercises.

We can use bands for stretching.

Stretching of the plantar aponeurosis, the Achilles tendon and of the posterior tibial muscle in a sitting position



Aim

To passively stretch Achilles tendon, plantar aponeurosis and posterior tibial muscle tendon

Start position

Sit with your leg straight. Put a towel or a band around your foot.

Exercise

Pull the towel/band towards the chest, slowly and delicately. This will make the treated structures stretch.

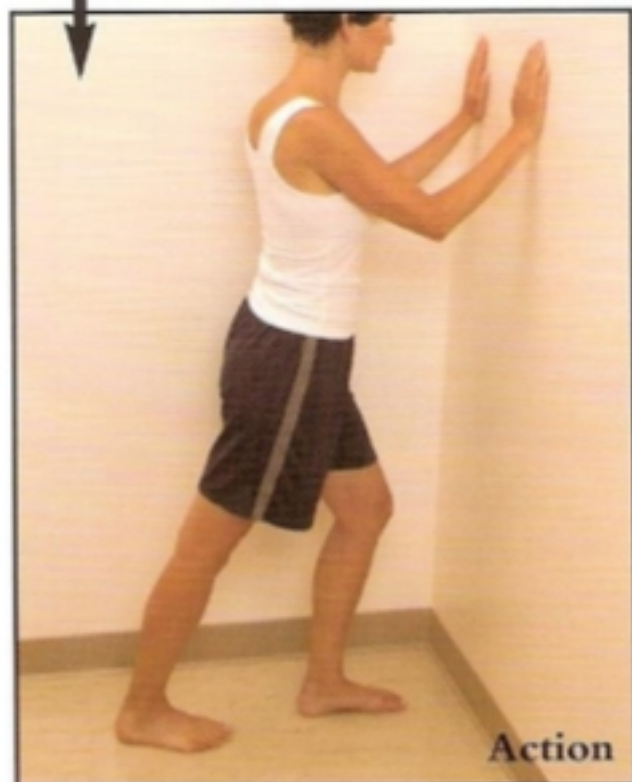
Repetition

Hold the leg stretched for 20 seconds. Repeat 10 times.

Caution!!!

Keep your knee in full extension and do the exercise slowly. Don't go over the pain barrier.

Stretching of the plantar aponeurosis, the Achilles tendon and posterior tibial muscle in a standing position



Aim

To achieve elasticity in posterior shin and thigh muscles

Start position

Lean against the wall with the treated leg in the back. Body weight should rest on the toes of the leg in the back. The heel is raised in the air. Elbows flexed.

Exercise

Let the body weight onto the wall (slowly flex the elbows) and delicately press the heel of the treated leg onto the floor. The knee must be in full extension.

Repetition

Keep the maximum stretching position for 20 seconds. Repeat 10 times.

Caution!!!

Keep the heel pressed to the floor for 20 seconds. The more advanced you are in doing this exercise, the further in the back your leg should be.