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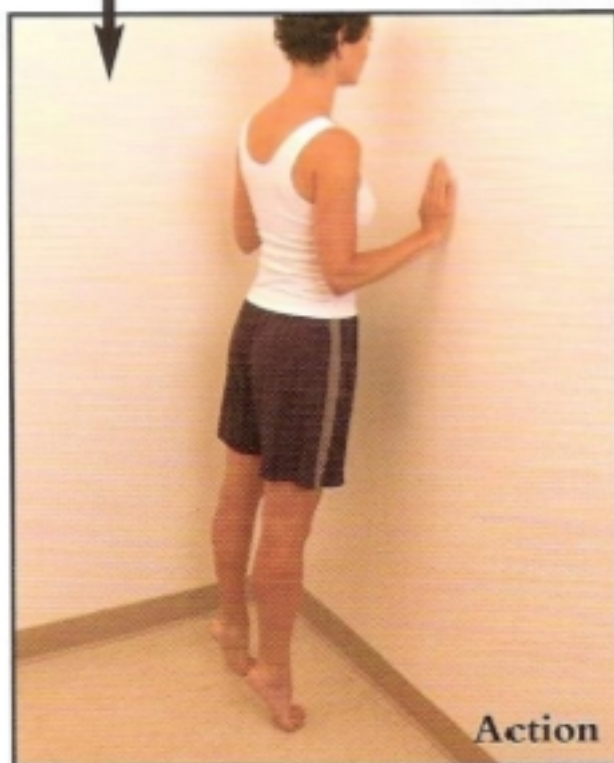
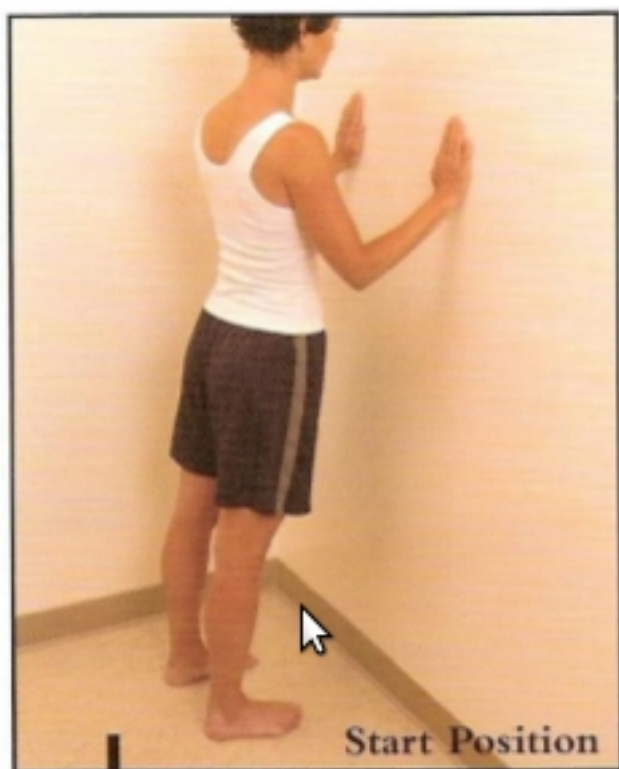
**Exercises and management after treatment of the plantar aponeurosis, Achilles tendonitis or posterior tibial muscle tendonitis, level 2 - strengthening**

Strengthening exercises are introduced 2 weeks after the injection and should be done for another 2-4 weeks. They're preceded by level 1 exercises.

Strengthening of short muscles of the foot and the back part of lower leg, with both feet.

***Aim***

Strengthening of the lower leg back part muscles, ankle and foot muscles.



*Start position*

Stand with your feet flat on the floor and put your hands on the wall with elbows flexed.

*Action*

Raise your heels and stand on your toes.

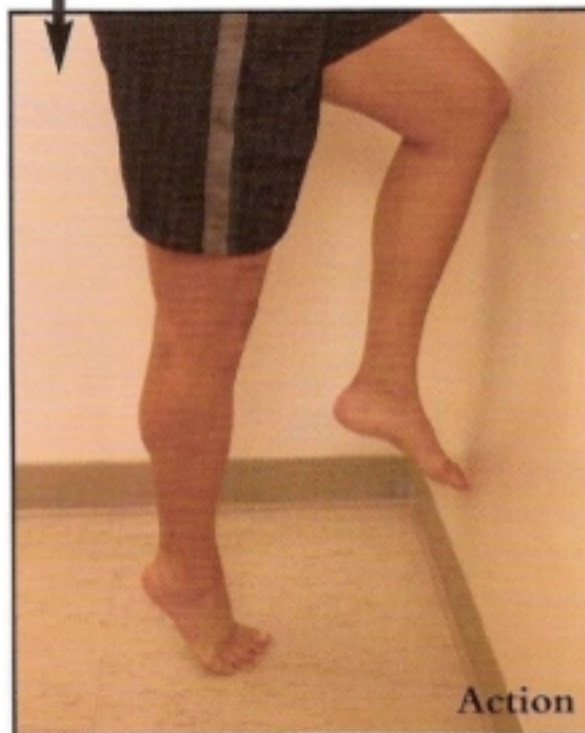
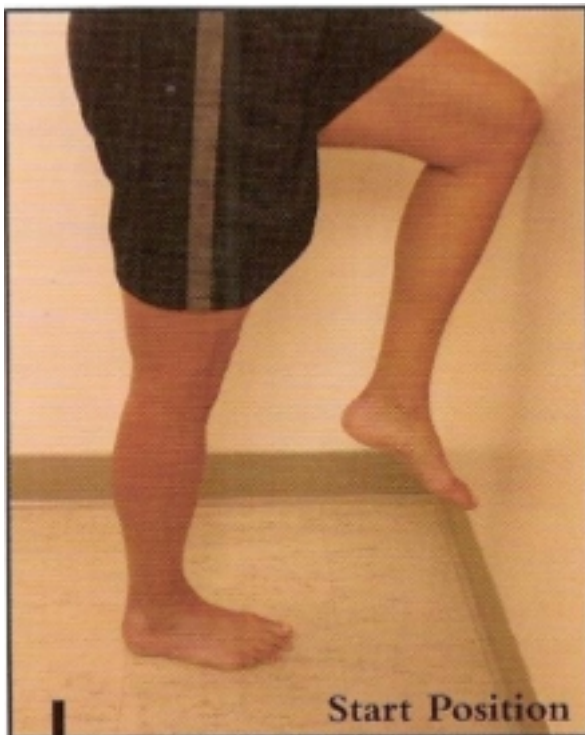
*Repetition*

Do 3 series of 25-30 repetitions.

**Caution!!!**

Let the body down on your heels LONGER than it takes to raise it (1 second to raise on your toes, 3 seconds to lower yourself on the heels). Try to balance the body weight equally on all toes (feet evenly on the floor).

Strengthening of the lower leg back part muscles and short muscles of the foot, with one leg



*Aim*

Strengthening of the lower leg back part muscles, ankle and foot muscles.

*Start position*

Stand on the treated leg on the floor facing the wall. Rest against the wall with the other leg flexed.

*Action*

Raise your heel and stand on the toes.

*Repetition*

Do 3 series of 25-30 repetitions.

**Caution!!!**

Let the body down on your heels LONGER than it takes to raise it (1 second to raise on your toes, 3 seconds to lower yourself on the heels). Try to balance the body weight equally on all toes (feet evenly on the floor).