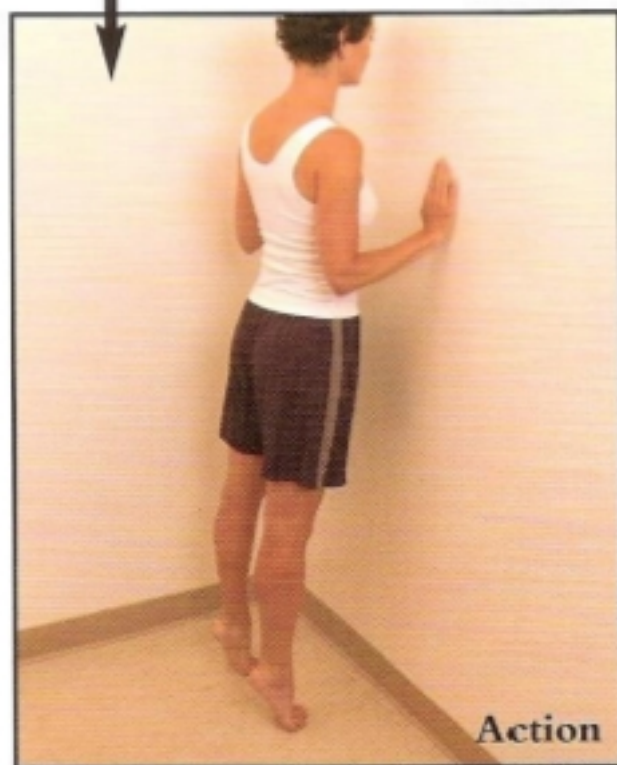
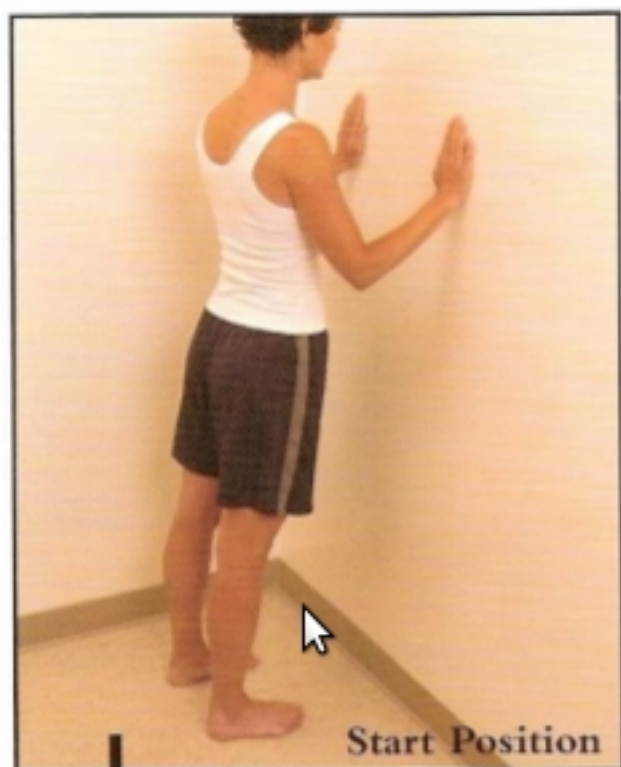

Exercises and management after treatment of the plantar aponeurosis, Achilles tendonitis or posterior tibial muscle tendonitis, level 2 - strengthening

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.

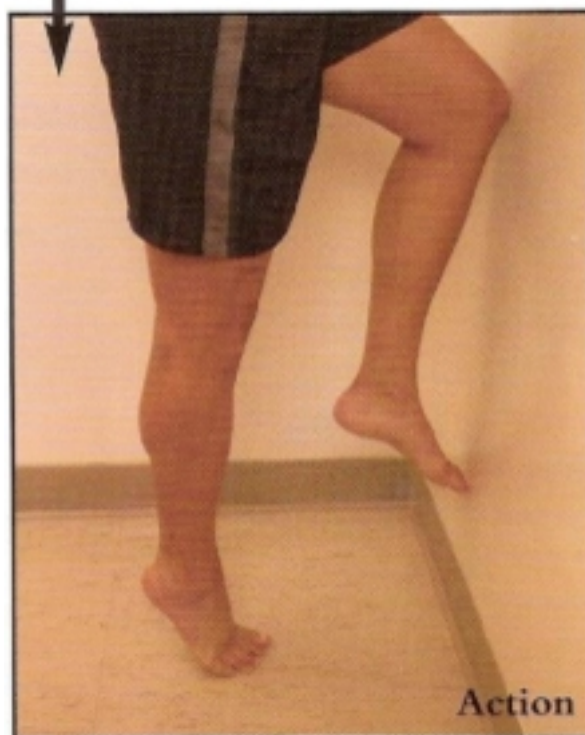
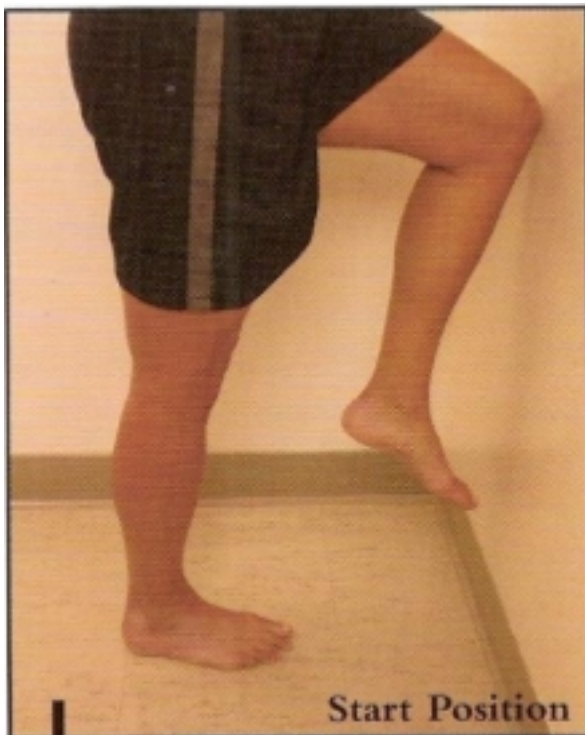
Repetition

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).