

# FLEXIBILITY EXERCISES

## Achilles Tendon Stretch

Poor mobility, joint biomechanics or even running technique can add extra stress through your Achilles tendon increasing the sensation of tightness.

Hold for 30 seconds.



### Coaching Tips

**Step 1:** Stand just in front of the wall facing it, with your feet together.

**Step 2:** Keeping your heels on the ground, aim to push your knees towards to wall, you can place your hands on the wall for support if you need to.

**Step 3:** To increase the stretch lean forward into the wall.

**Top Tip:** If you find it too easy, take a step backwards away from the wall and try again.

### Achilles

**Origin:** Gastrocnemius and Soleus

**Insertion:** Calcaneus

**Action:** Plantarflexion of the foot and ankle

**Innervation:** Sural Nerve, and a smaller supply form the tibial nerve

