Mindluster Platform

About the course Achilles tendon stretch techniques

Achilles tendon stretch course, in this course we will learn about the Achilles tendon stretch, a crucial exercise for maintaining flexibility and preventing injuries in the lower leg. Participants will explore various techniques and routines designed to effectively stretch the Achilles tendon and surrounding muscles. Through guided instructions and demonstrations, you'll understand the importance of proper stretching to enhance performance and reduce the risk of tendonitis or other Achilles-related issues. Join us to discover practical strategies for incorporating Achilles tendon stretches into your fitness regimen and promoting overall lower limb health.

Medical Category's Courses

Course Lesson(34)

Lesson 1 : **Soleus Stretch Ask Doctor Jo**

Lesson 2 : **Single Leg Balance Ask Doctor Jo**

Lesson 3 : **Achilles Tendon Stretch Ask Doctor Jo**

Lesson 4 : **Heel and Toe Raises Seated Ask Doctor Jo**

Lesson 5 : **Ankle Inversion with Resistive Band Ask Doctor Jo**

Lesson 6 : **Ankle 4 Way with Resistive Band Ask Doctor Jo**

Lesson 7 : **Ankle Circles Ask Doctor Jo**

Lesson 8 : **Ankle Eversion with Resistive Band Ask Doctor Jo**

Lesson 9 : **Walking on Toes Ask Doctor Jo**

Lesson 10 : **Toe Raises Ask Doctor Jo**

Lesson 11 : **Tandem Stance Ask Doctor Jo**

Lesson 12 : **Ankle Alphabet Ask Doctor Jo**

Lesson 13 : **Walking on Heels Ask Doctor Jo**

Lesson 14 : **Ankle Dorsiflexion with Resistive Band Ask Doctor Jo**

Lesson 15 : **Heel Raises Standing Ask Doctor Jo**

Lesson 16 : **Ankle Plantar Flexion Ask Doctor Jo**

Lesson 17 : **Single Leg Heel Raises Ask Doctor Jo**

Lesson 18 : **Ankle Pumps Ask Doctor Jo**

Lesson 19 : **Got Ankle Pain Try This Exercise for INSTANT Pain Relief**

Lesson 20 : **Ankle Plantar Flexion with Resistive Band Ask Doctor Jo**

Lesson 21 : **Toe Towel Crunch Ask Doctor Jo**

Lesson 22 : **Anterior Tibialis Stretch Toe Drag Ask Doctor Jo**

Lesson 23 : **Plantar Fascia Massage Ask Doctor Jo**

Lesson 24 : **Toe Object Pick Up Ask Doctor Jo**

Lesson 25 : **Romberg Stance Eyes Closed Ask Doctor Jo**

Lesson 26 : **Toe Stretch with Towel Ask Doctor Jo**

Lesson 27 : **Romberg Stance on Uneven Surface Ask Doctor Jo**

Lesson 28 : **Tandem Stance Eyes Closed Ask Doctor Jo**

Lesson 29 : **Ankle Dorsiflexion Ask Doctor Jo**

Lesson 30 : **Tandem Stance Head Movement Side to Side Ask Doctor Jo**

Lesson 31 : **Ankle 4 Way Ask Doctor Jo**

Lesson 32 : **Plantar Fascia Stretch with Roll Ask Doctor Jo**

Lesson 33 : **Ankle Eversion Ask Doctor Jo**

Lesson 34 : **Ankle Inversion Ask Doctor Jo**

Related courses

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