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Achilles tendinitis

- Instructed patient on eccentric heel exercises. Raise up on both toes, transfer all the weight to the injured side and slowly return heel to the ground in a slow controlled motion. Repeat (on both sides if necessary) 10 times on each. For best results, do 2-3 sets each day.
- Instructed patient on correct calf stretches. Back knee straight, foot pointed forward (or slightly inward) and heel down on the ground. Hold for 30 seconds, no bouncing. Repeat on each side 10 time each. For best results, complete 2-3 sets daily.