

Boulder County Foot & Ankle

John S. Jachimiak, DPM

2575 Pearl Street, Suite 240

Boulder, CO 80302

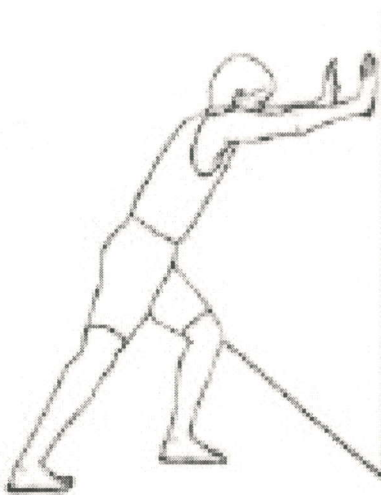
Office: (303) 442-2910

Fax: (303) 442-2931

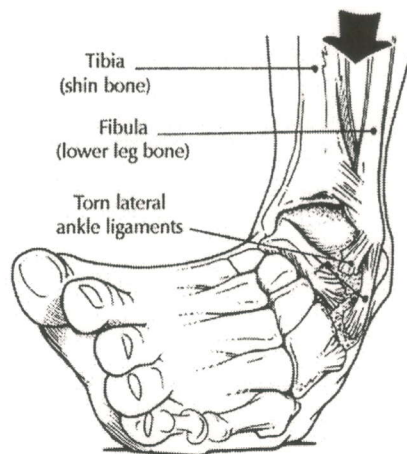
ACHILLES (GASTROCNEMIUS) STRETCH

**STRETCHING SHOULD BE DONE IN EASY, GENTLE AND SMOOTH
MOTIONS...**

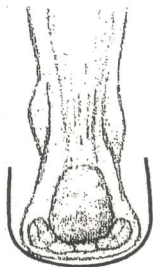
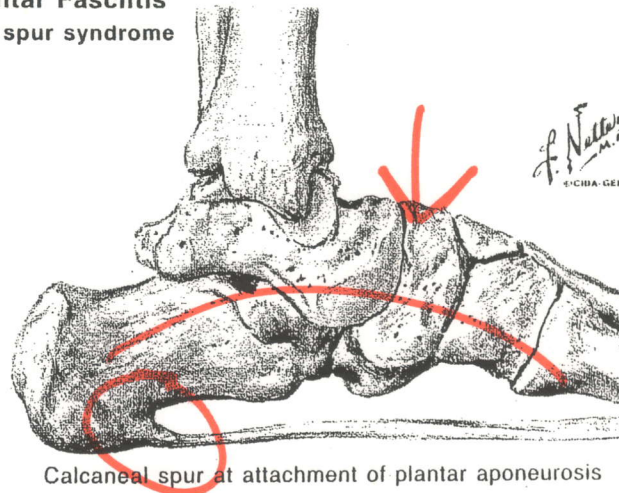
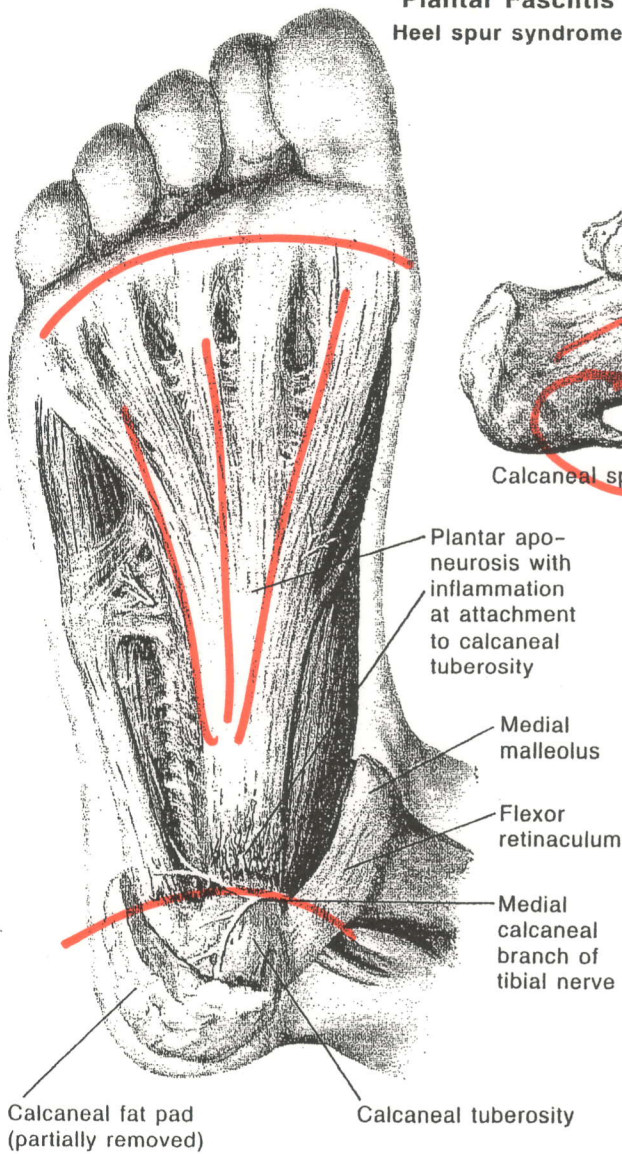
NEVER STRETCH TO THE POINT OF PRODUCING PAIN! !



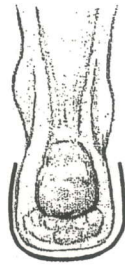
Ankles Rolled OUT →



Plantar Fasciitis
Heel spur syndrome

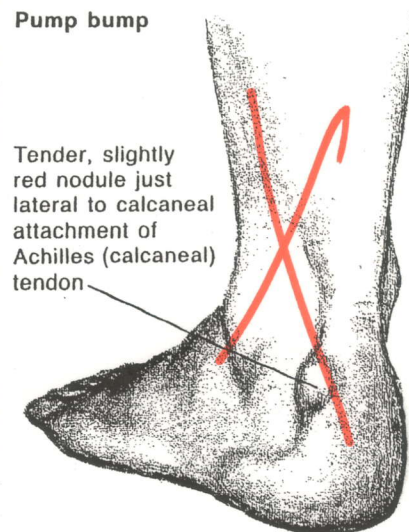


Loose-fitting heel counter in running shoe allows calcaneal fat pad to spread at heel strike, increasing transmission of impact to heel



Firm, well-fitting heel counter maintains compactness of fat pad, which buffers force of impact

Pump bump



Boulder County Foot & Ankle

John S. Jachimiak, DPM

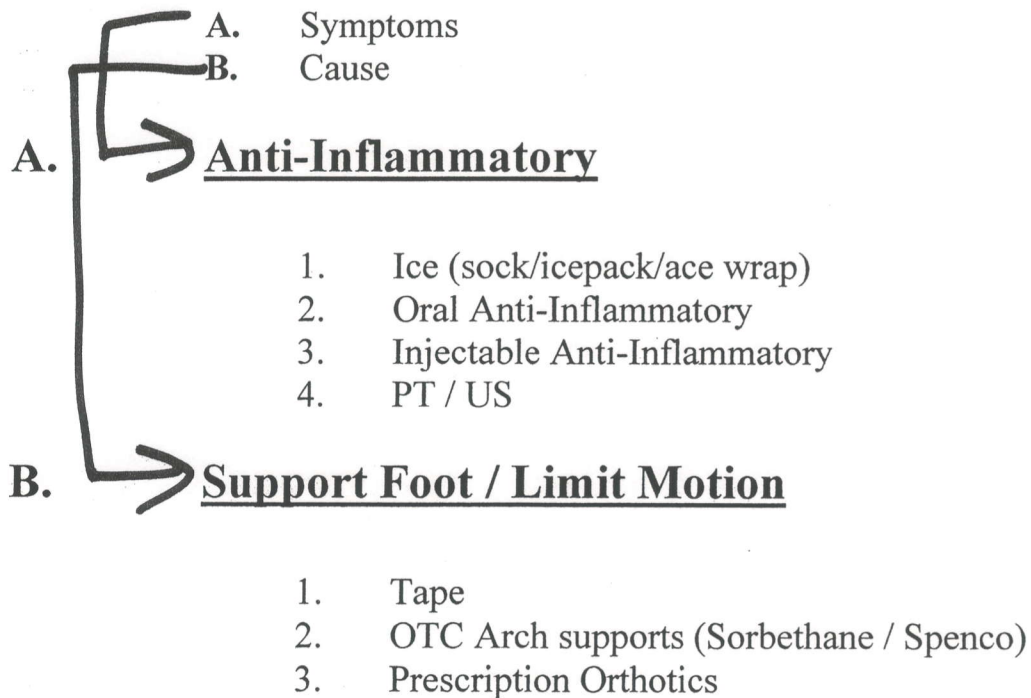
2575 Pearl Street, Suite 240

Boulder, CO 80302

Office: (303) 442-2910

Fax: (303) 442-2931

Treatment



Achilles Stretch – DON'T OVERDO!

Rest

Podiatric Medicine & Surgery – Sports Medicine

*Diplomat, American Board of Podiatric Surgery

*Fellow, American College of Foot & Ankle Surgeons

⊕Fellow, American Academy of Podiatric Sports Medicine

°Associate, American Academy of Podiatric Sports Medicine