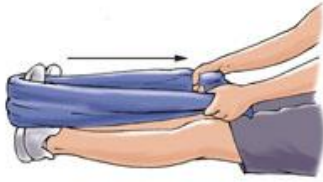


# Peroneal Tendon Strain Rehabilitation Exercises



Towel stretch



Standing calf stretch



Standing soleus stretch



Achilles stretch



Heel raise



Step-up



Balance and reach exercise A



Balance and reach exercise B