

## Achilles Tendinopathy

## 1.) Eccentric Calf Raises



- Perform this 2X/day, 7 days/week, 15 with knee straight, 15 with knee bent

**Part 1:**

- Stand upright on step with weight on both feet
- Use both feet to raise up onto your toes
- Transfer weight to the effected foot while staying up on toes
- Slowly lower your heel toward the floor (should take 5 seconds)
- Once at the bottom, place both feet on the step and use both feet to raise back to the starting position and repeat

**Part 2:**

- Once you have finished 2 sets of 15 reps with the knee straight, repeat the exercise with the knee bent 25°
- The movement should only occur at the ankle. The knee should stay at 25°

Muscle soreness is expected (4 out of 10 pain)

You should continue despite pain, but stop if the pain is disabling.

Increase load (with weight in hand or wearing a back pack) when pain is less than 4 out of 10.

## 2.) Achilles Stretch



- Hold the stretch for 30-40 seconds
- Then switch legs
- Repeat with knee bent 25° as above on right

## 3.) Achilles Wall Stretch



- Hold the stretch for 30-40 seconds
- Then switch legs
- Repeat with knee bent 25° as above on right