






## Achilles Tendinopathy program

Picture	Exercise
	<p><b>Calf stretch (a) straight knee</b></p> <ul style="list-style-type: none"> <li>• Facing a wall place your hands on the wall</li> <li>• Step one leg backwards</li> <li>• Keep the back knee straight and the heel on the ground</li> <li>• Make sure both feet are facing forward</li> <li>• Slowly bend the front knee and lean towards the wall</li> <li>• You should feel a stretch on the calf (back leg)</li> </ul> <p>Hold_20__s Repeat_10__times __2__sessions/day</p>
	<p><b>Calf stretch (b) bent knee</b></p> <ul style="list-style-type: none"> <li>• Facing a wall place your hands on the wall</li> <li>• Step one leg backwards</li> <li>• Bend the back knee and keep the heel on the ground</li> <li>• Make sure both feet are facing forward</li> <li>• Slowly bend the front knee and lean towards the wall</li> <li>• You should feel a stretch in the calf (back leg)</li> </ul> <p>Hold_20__s Repeat_10__times __2__sessions/day</p>
	<p><b>Calf Strength (a) straight knee</b></p> <ul style="list-style-type: none"> <li>• Standing with your heels over the edge of a step</li> <li>• Keep your knees straight</li> <li>• Transfer your weight onto your unaffected leg</li> <li>• Raise up onto your toes using the strength of your unaffected leg</li> <li>• Hold and transfer your weight onto your affected leg</li> <li>• Slowly control yourself down using your affected leg back to the starting position</li> </ul> <p>Repeat_15__times. Do _3__sets.Do_2__sessions/day</p>

Picture	Exercise
	<p><b>Calf Strength (b) bent knee</b></p> <ul style="list-style-type: none"> <li>• Standing with your heels over the edge of a step</li> <li>• Bend your knees</li> <li>• Transfer your weight onto your unaffected leg</li> <li>• Raise up onto your toes using the strength of your unaffected leg</li> <li>• Hold and transfer your weight onto your affected leg</li> <li>• Slowly control yourself down using your affected leg back to the starting position</li> </ul> <p>Repeat_15_times. Do _3_ sets.Do_2_sessions/day</p>
	<p><b>Calf Strength progressions</b></p> <ul style="list-style-type: none"> <li>• <b>Single leg</b></li> <li>• use your unaffected leg to help you to the start position</li> <li>• repeat as per double leg</li> <li>• <b>Add Weights</b></li> <li>• Use machine, backpack or hand weights</li> <li>• Repeat as per single leg</li> </ul> <p>Repeat_15_times. Do _3_ sets.Do_2_sessions/day</p>

To be done over a 12 week period.

Always consult your health practitioner to confirm a diagnosis and ensure correct exercise progression.