

Achilles Tendinopathy Home Exercise Program

STEP 1



STEP 2



Long Sitting Calf Stretch with Strap

REPS: 3 | SETS: 1 | HOLD: 30 | DAILY: 2 | WEEKLY: 7

Setup

Begin sitting on the floor with one foot stretched in front of you, your other knee bent, and a strap secured around your foot.

Movement

Slowly pull your foot towards you with the strap until you feel a stretch in your calf.

Tip

Make sure to keep your knee straight during the stretch.

STEP 1



STEP 2



Gastroc Stretch on Wall

REPS: 3 | SETS: 1 | HOLD: 30 | DAILY: 2 | WEEKLY: 7

Setup

Setup Directions

Movement

Begin in a standing upright position in front of a wall.

Tip

Place your hands on the wall and extend one leg straight backward, bending your front leg, until you feel a stretch in the calf of your back leg and hold.

STEP 1



STEP 2



Eccentric Heel Lowering on Step

REPS: 15 | SETS: 2 | HOLD: 1 | DAILY: 2 | WEEKLY: 7

Setup

Begin standing on a small step or platform with your heels off the edge, holding onto a stable object for balance.

Movement

Raise both heels up, then lift one foot off the platform and slowly lower your other heel. Repeat this movement.

Tip

Make sure to maintain your balance and keep your back straight throughout the exercise.

Achilles Tendinopathy



Back Right Foot: Tendons



Affected Achilles Tendon

Achilles tendinopathy is a condition that causes pain, swelling, stiffness, and irritation of the Achilles tendon, the strong band which joins your calf muscles to your heel on the back of your lower leg. If this tendon is inflamed, walking may become painful and difficult.

The achilles tendon may be injured gradually due to overuse or by a sudden injury. Damage to the tendon occurring in the form of small tears is commonly known as achilles tendinopathy.

Symptoms of achilles tendinopathy include pain and irritation. The tendon may become tender to the touch, and may be thickened and swollen as well.

Therapy can help you relieve the pain of achilles tendinopathy and help restore your strength and range of motion. You may be asked to avoid activities that stress the tendon such as running or climbing stairs. You will be given a home program that includes stretching and strengthening exercises, and learn how to correct your daily movements to help with healing.