

Achilles Tendon Pain Exercise Sheet

Achilles Tendon



Stand on the affected foot and raise heel. Hold for 30 seconds.



Progression 1: to raise and lower slowly up to about 30 times.

Progression 2: add weight i.e a backpack.

Progression 3: add a looped resistance band

Progression 4: Take the foot backwards and have a forward lean of the body to mimic the gradient of running uphill where the foot is in dorsiflexion.

Progression 5: Place a rolled towel under the toes to lift them up but keep the balls of the toes in contact with the floor.

Progression 6: Include the same exercises done with a bent knee to target the soleus muscle too.

For return to running or sport when your pain has gone, perform some plyometric exercises such as 'A skips' or rope skipping (with or without rope). 3 sets of 30 seconds.

Retunemassage.org

