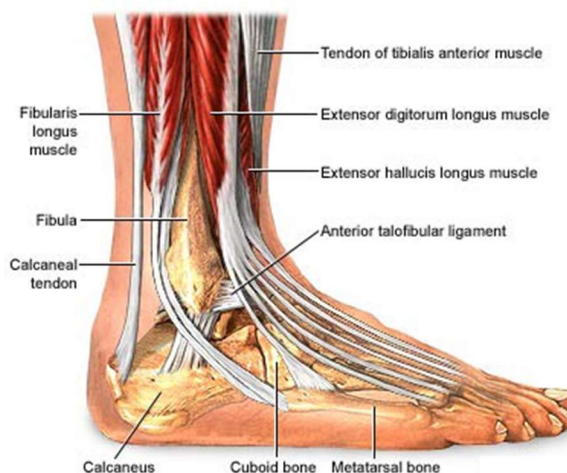




Calf and Achilles **PROTOCOLS**

BACKGROUND

- **Description**
 - Achilles tendinitis is inflammation of the tendon and the muscle attachment.
 - Calf Strain is an injury that results in a degree of tearing of the muscle tissue.
- **Recommendations**
 - Perform stretches and strengthening exercises daily.
 - Ice 15 min. daily, especially following activity and exercises.
 - Rehab exercises should be performed for 6--8 weeks.
- **Related Activities**
 - As symptoms improve, slowly return to physical activities such as bicycle, stair climber and elliptical.
 - Skipping rope is a good activity to try prior to returning to jogging.



STRETCHING EXERCISES:



Calf Stretch #1

Stand facing a wall and step back with one leg.
Push heel towards the ground.
The stretch should be performed with the knee straight as well as with the knee slightly bent.

Frequency: 3 sets x 1 min. 2---3 times a day.

Goal: Increase range of motion



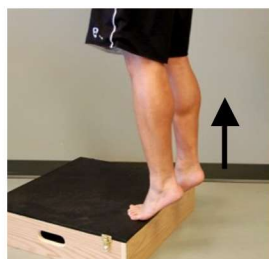
Calf Stretch #2

Stand on a step with the heel off the ledge.
Slowly lower heel towards the floor until a stretch is felt.
The stretch should be performed with the knee straight as well as with the knee slightly bent.

Frequency: 3 sets x 1 min. 2---3 times a day.

Goal: Increase range of motion

CALF STRENGTH:



Two Legged Calf Raises

Stand with the balls of your feet on a step.
Slowly raise up onto your toes and hold for 3 sec.
Slowly lower down and repeat.

Frequency: 3 sets of 15 reps. 1---2 times per day.

Goal: Increase ankle strength and balance



Calf and Achilles **PROTOCOLS**

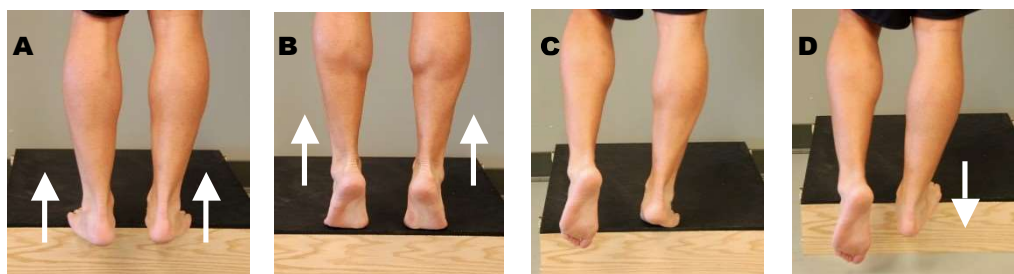
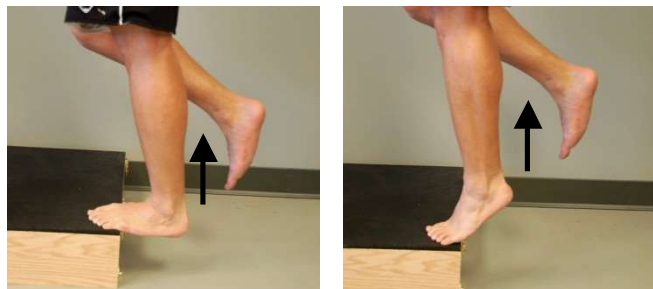
Single Leg Calf Raises

Stand with the ball of your foot on a step.
Slowly raise up onto your toes and hold for 3 sec.
Slowly lower down and repeat.

You may hold onto something for balance, but ideally you should be able to complete this unassisted.

Frequency: 3 sets of 15 reps. 1--2 times per day.

Goal: Increase ankle strength and balance



Single Leg Calf Eccentrics

Stand with the balls of your feet on a step (A).

Slowly raise up onto your toes (B).

Remove weight from the uninjured leg by stepping off (C).

Slowly lower down using a 5 second count.

Maintain calf stretch at the bottom for 30 seconds and repeat (D).

Muscle soreness during the first two weeks is expect,

Discontinue if you have disabling pain.

Frequency: 3 sets of 15 reps. 2 times per day.

Goal: Increase calf strength

Double / Single Leg Forward / Lateral Jumps

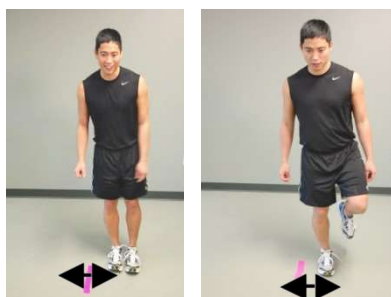
Place a strip of tape on the floor.

Jump on two feet side to side or front and back.

Progress to single leg jumping.

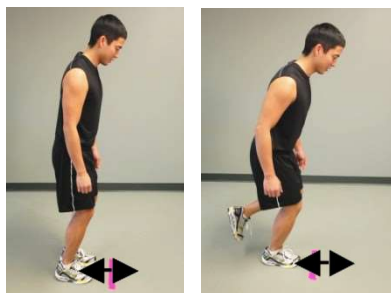
Frequency: 3 sets of 30--60 sec. 3 times per week.

Goal: Improve coordination and speed



DL Lateral

SL Lateral



DL Forward

SL Forward