

- These exercises are designed to specifically work your Achilles tendon and are shown to be effective in reducing Achilles pain
- Your physiotherapist will highlight the exercises that are appropriate for you to do in the tick box, including the number of repetitions.
- Moderate discomfort is encouraged with these exercises, but should not exceed 6/10 (where 0= no pain and 10=excruciating pain)
- If you are unable to achieve reps suggested without exceeding 6/10 pain, do as many as you can without 6/10 pain
- When performing these exercises it is important to remember the technique taught to you by your physiotherapist.
- Any questions, please ask your physiotherapist.

- Reference: **Alfredson et al. (1998)** 'Heavy-Load Eccentric Training for the Treatment of Chronic Achilles Tendonitis' *Am J Sports* Vol 26 No 3 pgs

What is an Achilles Tendinopathy?

- Achilles tendinopathy is a common cause of heel and lower calf pain
- It causes pain, stiffness, swelling and potential weakness of the tendon. and is thought to be caused by repeated tiny injuries to the tendon.
- This can develop for a number of reasons, including biomechanical abnormalities, overuse and poor exercise techniques.
- Physiotherapy exercises may help to relieve pain as well as addressing any contributing factors to prevent the injury from recurring



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Achilles Tendinopathy Exercises

Specialist Support

If you require this leaflet in another language, large print or another format, i.e. audiotape, please contact the Patient Advice and Liaison Service on Freephone 0800 9176039

ACHILLES TENDINOPATHY EXERCISES

Eccentric Loading (Gastrocnemius)

- Stand on the edge of a step
- Knees straight
- Raise heels of both feet as high as you can, doing as much work as you can with the pain free leg
- Lift the unaffected leg—standing only on your painful leg
- Slowly lower the heel of the affected leg below the edge of the step over about 3secs (until you feel a stretch)
- Use both legs to push up again



REPS: PER DAY:

Eccentric Loading (Soleus)

- Stand on the edge of a step
- Knees slightly bent
- Raise heels of both feet as high as you can
- Lift the unaffected leg—standing only on your painful leg
- Slowly lower the heel of the affected leg below the edge of the step over about 3secs (until you feel a stretch)
- Use both legs to push up again

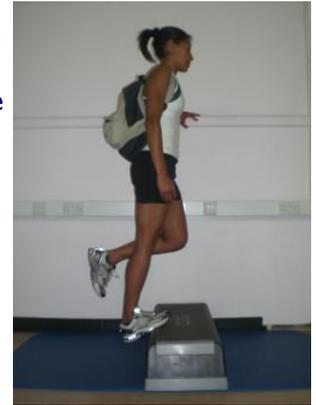


REPS: PER DAY:

Additional Load

- Make this exercise more difficult by carrying additional load

REPS:



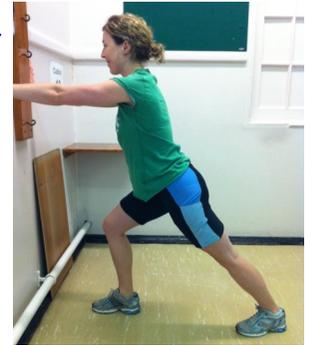
Calf Stretch (Gastrocnemius)

- Facing the wall, put your painful leg straight back, pushing your heel into the floor, keeping your pelvis level

REPS:

PER DAY:

HOLD FOR:



Calf Stretch (Soleus)

- Facing the wall, put your painful leg straight back, and slightly bend your knee, pushing your heel into the floor, keeping your pelvis level

REPS:

PER DAY:

HOLD FOR:

