

Exercise plan:  
**Achilles tendinitis**

Patient:  
**Patient Exercises**



### Gastrocnemius Stretch - Single Leg

Stand facing a wall, with your hands resting on the wall. Move one leg forwards and gently bend your knee, this will be the passive leg and just there for support. The leg you will be stretching will remain straight with your heel on the ground. You should feel a stretch to the leg at the back, in the calf muscle (known as the gastrocnemius).

**Sets: 3 | Time: hold 30 seconds**



### Soleus Stretch

Stand facing a wall, place one leg in front of you and your hands flat against the wall. Keep both heels on the ground, and your front knee bent. Push your front knee forward towards the wall to feel a stretch in the lower back part of the leg (bottom of the calf muscle, known as the soleus).

**Sets: 3 | Time: hold 30 seconds**



### Heel Drop Gastrocnemius Stretch

Stand with your toes on the edge of a step or a box. Hold onto something stable for support if required. Drop your heels downwards. You should feel a stretch just below the back of your knee, in the calf (this part of the calf is known as the gastrocnemius).

**Sets: 2 | Time: hold 30 seconds**

## Eccentric Calf Strengthening Exercise with Weight



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Place some weight into a rucksack and put it on your back. Start with about 5kg. Stand with your toes on the edge of a step or a box. Hold onto something stable for support if required. We will assume the leg you are trying to strengthen is your right leg (the injured side). Lift your right leg off the step, and go onto your toes on your left leg. Now place your right foot beside the left, and place all your weight on your right leg. Drop your heel downwards below the level of the step. Use your left leg (non-injured leg) to lift yourself back to the start position. Make sure you keep your leg straight during the exercise. This exercise can help strengthen the calf muscle and may be useful for treating Achilles tendinopathy.

**Sets: 3 | Repetitions: 20**

## Quadriceps Stretch 2



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Pull your foot towards your bottom. If you are unsteady on your feet, make sure you hold on to something sturdy like a wall or a table. You will feel a stretch to the quadriceps muscles at the front of your thigh.

**Sets: 3 | Time: hold 30 seconds | Both sides**

## Sitting Forward Hamstring and Spine Stretch



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Sitting down, keep your legs straight in front of you, and reach forwards to touch your toes. Go as far as feels comfortable. You should feel a stretch in the back of the thighs/Hamstrings. Hold the stretch, and return to the start position.

**Sets: 3 | Time: hold 30 seconds**

## Resisted Plantar Flexion



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Sit on the floor with your leg out straight. Place an exercise band around the ball of your foot, hold on to it with both hands, and push away creating resistance in the band. This exercise will help strengthen the calf muscle, and other muscles around the lower leg and ankle. It will also help improve circulation to your lower leg.

**Sets: 3 | Repetitions: 20**

## Resisted Dorsiflexion Sitting/Lying

Wrap an exercise band around the top of your foot, and anchor the band. Sit down or lie down on the floor. Bring your toes towards your shin, against the resistance of the band, and repeat. You can also hold a stretch to the calf muscle.

**Sets: 3 | Repetitions: 20**



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## Inversion with Band

Tie an exercise band around a stable object. Wrap the other end around the inside of your foot. Move your foot inwards and upwards against the resistance of the band. This is a strengthening exercise for the ankle.

**Sets: 3 | Repetitions: 20**



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## Eversion with Band

Tie an exercise band around a stable object, and tie the other end around the outside of your foot. Move your foot outwards and upwards against the resistance of the band. This is a strengthening exercise for your ankle.

**Sets: 3 | Repetitions: 20**



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## Single Leg Balance Standing Unsupported

Stand on one leg, and try to keep your balance. Be careful and hold on to a wall or table for support when you first start this exercise, but as you feel more confident you can reduce contact and support from the wall or table. A single leg balance exercise such as this is an enormously valuable exercise, and its benefits including strengthening the muscles and ligaments around the ankles and knees, and improving balance.

**Sets: 2-3 | Time: 20-60 seconds | Both sides**



## Ice to the Achilles

Place an ice pack or pack of frozen peas over your Achilles to reduce inflammation and pain. Make sure you wrap the ice in a thin towel so its not too cold.

**Time: 10 minutes 2-3 x daily**

1. Discontinue any exercise that causes you pain or discomfort
2. Pace yourself. These are gentle exercises try not to strain
3. Breathe slowly and deeply and don't hold your breath
4. Stretch slowly and gently instead of bouncing
5. Muscle soreness usually only lasts for the first 3-4 days