Home Exercise Program

Created by Barnstaple Alliance Primary Care Network Mar 19th, 2025
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COMMENTS

These exercises are to guide you through your achilles tendinopathy.

The aim of this exercise programme is to progress to the eccentric loading exercises towards the bottom of the programme. Eccentric loading has been shown to return your tendon to normal function.

Be aware, this programme should take 3-6 months to recover to your usual sporting activity. This is estimated to be the case for 70% of people. There is no quicker solution to your condition.

It is important to know you might experience pain during this programme. This is normal, to be expected and will reduce over time.

You should not experience any more than 4 out of 10 pain. Keep your repetitions and sets within this level of pain. If you are experiencing less than 3 out of 10 pain, you can progress your sets and reps.

You should continue this programme daily for 12 weeks

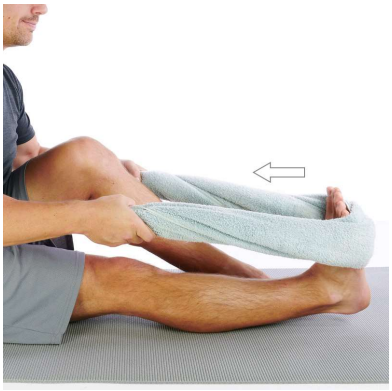


ANKLE PUMPS - AP

Bend your foot up and down at your ankle joint as shown.

Video # XV8HM7446

Repeat	15 Times
Hold	1 Second
Complete	3 Sets
Perform	1 Times a Day



CALF STRETCH WITH TOWEL - GASTROCNEMIUS

While in a seated position, place a towel around the ball of your foot and pull your ankle back until a stretch is felt on your calf area.

Keep your knee in a straightened position during the stretch.

Video # XVFPV5PN8

Hold	30 Seconds
Complete	3 Sets
Perform	1 Times a Day



SEATED CALF STRETCH - SOLEUS

While sitting, use a towel or other strap looped around your foot. Gently pull your ankle back until a stretch is felt along the back of your lower leg.

Your knee should be slightly bent the entire time.

Video # XVDVZFCX6

Hold	30 Seconds
Complete	3 Sets
Perform	1 Times a Day



STANDING CALF STRETCH - GASTROCNEMIUS

Start by standing in front of a wall or other sturdy object. Step forward with one foot and maintain your toes on both feet to be pointed straight forward. Keep the leg behind you with a straight knee during the stretch.

Lean forward towards the wall and support yourself with your arms as you allow your front knee to bend until a gentle stretch is felt along the back of your leg that is most behind you.

Move closer or further away from the wall to control the stretch of the back leg. Also you can adjust the bend of the front knee to control the stretch as well.

Video # XV8TZWRDX

Hold	30 Seconds
Complete	3 Sets
Perform	1 Times a Day



STANDING CALF STRETCH - SOLEUS

Start by standing in front of a wall or other sturdy object. Step forward with one foot and maintain your toes on both feet to be pointed straight forward. Keep the leg behind you with a bent knee during the stretch.

Lean forward towards the wall and support yourself with your arms as you allow your front knee to bend until a gentle stretch is felt along the back of your leg that is most behind you.

Move closer or further away from the wall to control the stretch of the back leg. Also you can adjust the bend of the front knee to control the stretch as well.

Video # XVCPBSCF8

Hold	30 Seconds
Complete	3 Sets
Perform	1 Times a Day



DOUBLE LEG HEEL RAISES WITH SUPPORT - CALF RAISES

While standing next to a chair or countertop for support, raise up on your toes as you lift your heels off the ground. Return your heels to the floor and repeat.

Video # XVYRHP8U7

Repeat	15 Times
Hold	1 Second
Complete	3 Sets
Perform	1 Times a Day



Soleus Raises

While standing with a bend in your knees, raise up onto your toes as you lift your heels off the ground.
(Maintain a bent knee throughout the entire exercise)

Repeat	15 Times
Hold	1 Second
Complete	3 Sets
Perform	1 Times a Day



Stair Heel Raise Eccentric

-standing with the balls of your feet at the edge of a step
-using both legs, lift up into tippy toes position (image 2)
-lift the unaffected leg off the step so that all your weight is on the affected leg. Try not to let the affected heel drop at all when you are shifting all your weight to that side
-slowly lower down with just the affected leg into a stretched position (image 4)
-put other foot back on step, and repeat

Repeat	15 Times
Hold	1 Second
Complete	3 Sets
Perform	1 Times a Day