

# Achilles Tendinopathy

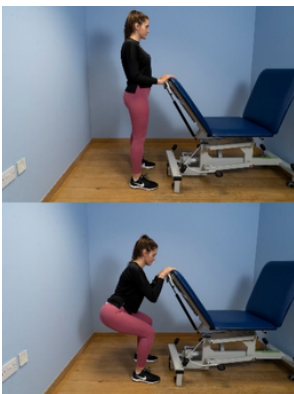
## Intermediate Programme

Aim to perform this programme a minimum of once per day unless prescribed otherwise. As with any new exercise, start slowly (repetitions as able) and build up as you are able within the guidelines below. Pain should not exceed 6/10 whilst completing this exercise programme.



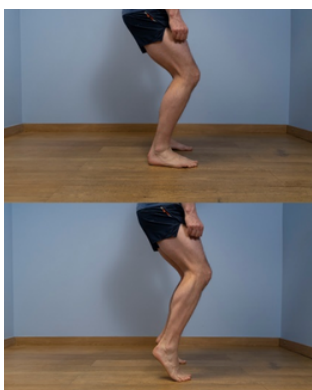
### 1. Double-leg heel raise from floor - straight legs

- Stand on a flat surface with the feet hip-width apart – have a wall/stable object nearby to assist with balance.
- Push down through the front of the feet as if going up on your tip toes – the heels will begin to rise.
- Lift the heels as high as possible and then with control, slowly lower the heels all the way down over the course of a 5 second count.
- **Perform this exercise up to 15 times, rest for 1 minute.**
- **Repeat routine 2 to 3 times.**



### 2. Supported squat

- Start with the feet shoulder width apart and hold onto a stable object (e.g., banister or kitchen sink) at about waist height.
- From this position bend your knees and sit backwards as if you are sitting into a chair.
- As you do so lean slightly forwards at the hips so that your head stays over your feet.
- Make sure that your weight is going through your heels at all times.
- Go as low as you feel comfortable but no lower than your thighs parallel with the floor.
- **Perform this exercise up to 15 times, rest for 1 minute.**
- **Repeat routine 2 to 3 times.**



### 3. Double-leg heel raise from floor - knees bent

- Stand on a flat surface with the knees slightly bent, feet hip-width apart – have a wall/stable object nearby to assist with balance.
- Push down through the front of the feet as if going up on your tip toes – the heel will begin to rise. Keep the knees bent throughout.
- Lift the heels as high as possible and then with control, slowly lower the heels all the way down over the course of a 5 second count.
- Hold this position until your pain reaches 6/10 on your pain scale or until your heel starts to drop.
- **Perform this exercise up to 10 times, rest for 1 minute.**
- **Repeat routine 2 to 3 times.**