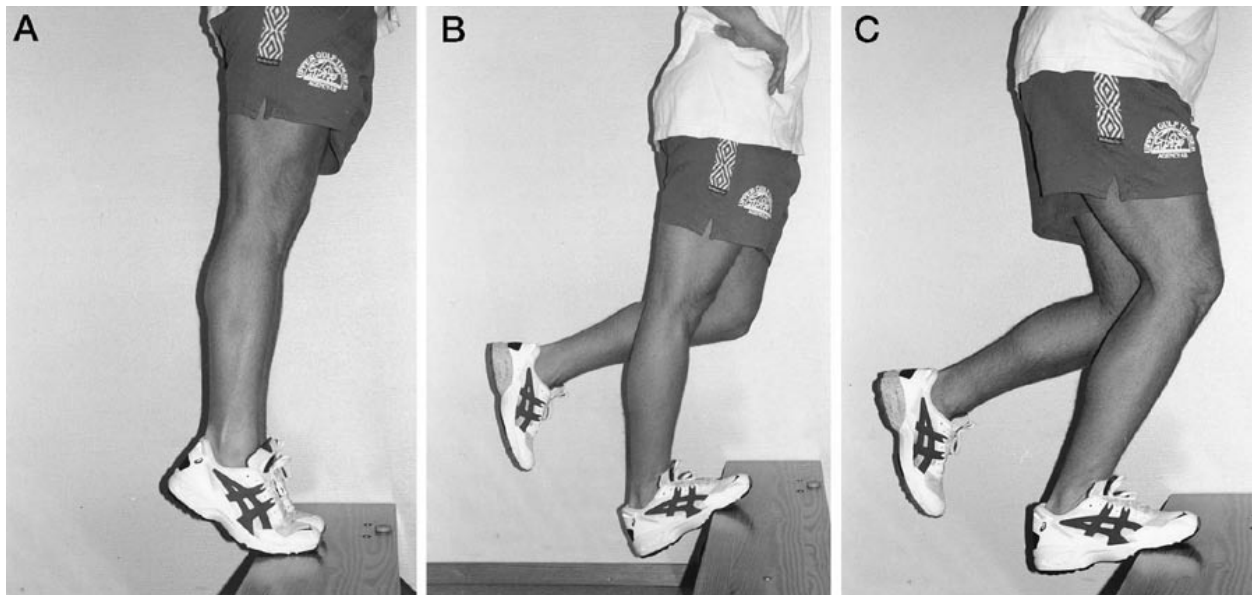


## Achilles Home Program

Complete 3 sets of 15 repetitions 2 times a day 7 days a week



**A - STARTING POSITION** - Standing on a set of stairs or a sturdy box with all body weight on the forefoot of the injured leg.

**B - STRAIGHT LEG HEEL DROP** - Slowly lower the heel of the injured leg. **DO NOT** push back up with injured leg. Instead, use the non injured leg to get back to the start position. Complete 3 sets of 15 repetitions with a 30 second break between sets.

**C - BENT LEG HEEL DROP** - In the starting position slightly bend the knee of the injured leg. Slowly lower the heel of the injured leg. **DO NOT** push back up with the injured leg. Instead, use the non injured leg to get back to the start position.

Complete 3 sets of 15 repetitions with a 30 second break between sets.

- Muscle soreness will likely be present in the first 2 weeks of the program.
- Continue with the above exercises even if you experience pain. However, if the pain becomes disabling stop the program and contact your physician.
- Running is allowed if performed with only **MILD** discomfort and **NO PAIN**.
- When able to perform the above exercises without experiencing any minor pain or discomfort then progress to adding weight. Examples of this include, adding weight in a backpack and completing the exercises with a backpack, holding a free weight in your hand and completing the exercises or using a weight machine designed for calf exercises.
- Continue this program for 12 weeks, 7 days a week, 2 times a day and follow up with your physician to provide feedback on pain and discomfort.

**References:** Alfredson H, Pietila T, Jonsson P, Lorentzon R: Heavy-Load Eccentric Calf Muscle Training For the Treatment of Chronic Achilles Tendinosis. *Am J Sports Med* 26: 360 - 366, 1998.