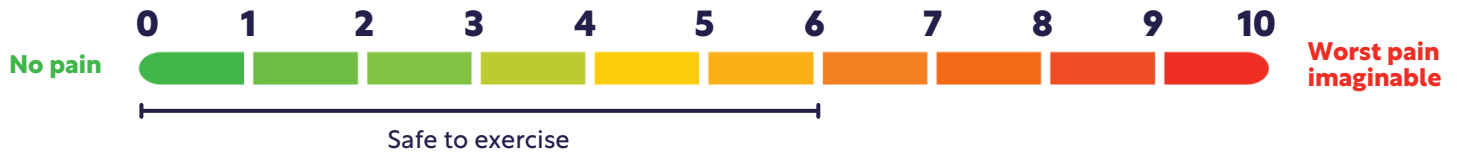


Achilles Tendinopathy

Early 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.



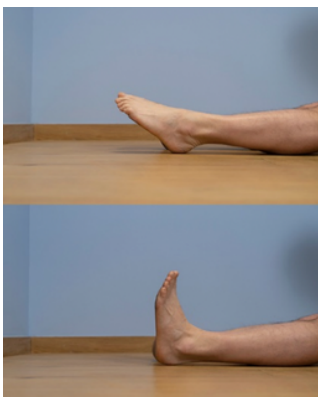
1. Assisted double-leg heel raise with hold

- Stand up straight with the feet hip-width apart with a wall/stable object nearby to assist with balance. Rise up on your tip-toes using your non-painful leg until you are approximately 1-2 inches off the floor.
- Do not rise all the way up to the top of the movement.
- Slowly take the weight onto the painful side as your pain allows.
- Hold this position for the duration of the exercise unless the pain reaches 6/10 on your pain scale or your heel starts to drop.
- **Perform this exercise up to 15 times, rest for 1 minute.**
- **Repeat routine 2 to 3 times.**



2. Single leg balance - knee straight

- Perform this exercise barefoot or in socks, in a clear space near a wall/stable object and on a flat, non-slip surface.
- Shift your weight on to the affected leg then lift the supporting leg slightly off the floor – keep the knee straight.
- Look down at the knee and focus on balancing whilst keeping the knee in line with the hip and ankle – use the object/wall to prevent yourself falling.
- To progress, try looking straight ahead rather than down at the knee. To advance further, this can be performed with the eyes closed.
- **Hold the position for up to 1 minute, rest for 1 minute.**
- **Repeat routine 2-3 times.**



3. Ankle active range of motion - plantarflexion/dorsiflexion

- Sit or lay with your legs out straight, feet off the floor.
- Point the ankles and toes away from you and then bend them up towards you.
- Stay within a comfortable range of movement.
- A moderate stretch is acceptable.
- **Perform this exercise up to 10 times, rest for 1 minute.**
- **Repeat routine 2 to 3 times.**

We recommend consulting a musculoskeletal physiotherapist to ensure exercises are best suited to your recovery. If you are carrying out an exercise regime without consulting a healthcare professional, you do so at your own risk. If you have any concerns whilst completing these exercises, please contact a healthcare professional.