



Sports Medicine & Shoulder Surgery

Achilles' Tendon Exercises



Sit with knee straight and towel looped around involved foot. Gently pull until stretch is felt in calf.

Hold ____ seconds.

Perform ____ sets per session.

Perform ____ sessions a day.



Stand with involved foot up against the wall. Keep the knee straight and lean hip forward until a stretch is felt in the calf.

Hold ____ seconds.

Perform ____ sets per session.

Perform ____ sessions a day.



Stand with involved foot up against the wall. Bend the knee on the involved foot forward until a stretch is felt in the achilles.

Hold ____ seconds.

Perform ____ sets per session.

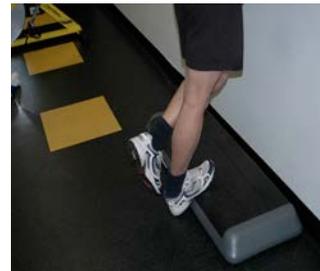
Perform ____ sessions a day.



Beginning stage: Begin by raising both heels off a step.



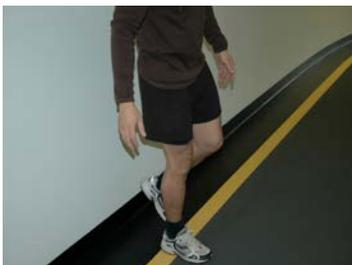
Mid stage: Keeping the heel raised Take the uninvolved foot off a step.



End stage: Slowly lower the involved foot down to where a stretch is felt in the calf.

Perform ____ reps per session.

Perform ____ sessions a day.



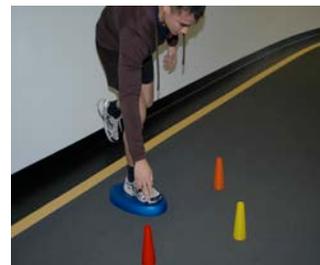
Stand on involved foot and maintain balance.

Perform ____ reps per session.

Perform ____ sessions a day.



Beginning stage: With involved foot, stand on a balance pad.



End stage: While maintaining balance, lean forward and touch target and return upright w/o loss of balance.

Perform ____ reps per session.

Perform ____ sessions a day.



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Achilles' Tendon Exercises



Beginning stage: Raise both heel.

Hold ____ seconds.

Perform ____ sets per session.

Perform ____ sessions a day.



Mid stage: Keeping the involved heel raise, take the uninvolved foot off.

Hold ____ seconds.

Perform ____ sets per session.

Perform ____ sessions a day.



End stage: Slowly lower the involved foot down until a stretch is felt.

Hold ____ seconds.

Perform ____ sets per session.

Perform ____ sessions a day.



Beginning stage: Raise both heels.

Perform ____ reps per session.

Perform ____ sessions a day.



Mid stage: Keeping the involved heel raise, take the uninvolved foot off.

Perform ____ reps per session.

Perform ____ sessions a day.



End stage: Slowly lower the involved foot down until a stretch is felt.

Perform ____ reps per session.

Perform ____ sessions a day.