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 involved 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.**

**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.
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.

Middle 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.

Courtesy of Vanderbilt Sports Medicine