

HOME EXERCISE PROGRAM

Achilles Tendinopathy: Home Exercises and When Orthotics May Help

Name _____ Date _____ Podiatrist _____

Before you start

- Stretches should feel like a gentle to moderate pull, not sharp pain.
- Move slowly. Don't bounce into a stretch.
- Do these as advised by your podiatrist, as part of your individual treatment plan.
- Some mild discomfort can be normal, but it should settle within a few hours.

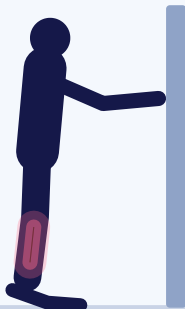
1

Heel Raise Hold

Calf and Achilles tendon

☐ Prescribed

Rise up and
hold 30–45 sec



1. Stand facing a wall with your hands on it for balance.
2. Rise up onto your toes on both feet.
3. Hold the top position steadily, then lower slowly.

Hold 30–45 seconds • 5 times • Once a day

Tip: A good starting exercise when the tendon is irritable. Progress to one leg when comfortable.

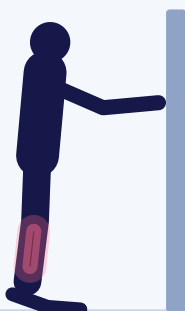
2

Double-Leg Heel Raises

Calf strength

☐ Prescribed

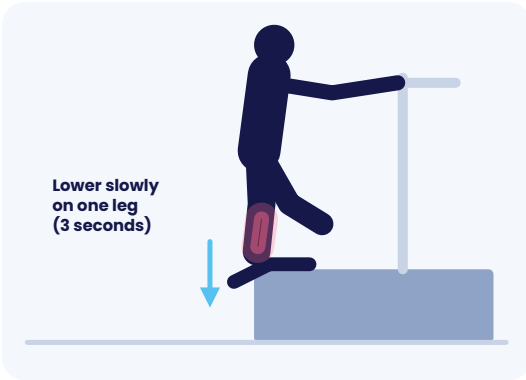
Rise onto your
toes, then lower



1. Stand with feet hip-width apart, holding the wall lightly.
2. Rise up onto your toes over 2–3 seconds.
3. Lower back down over 3 seconds.

15 reps • 3 sets • Once a day

Tip: Keep the movement slow and controlled in both directions.



3 Single-Leg Heel Drop

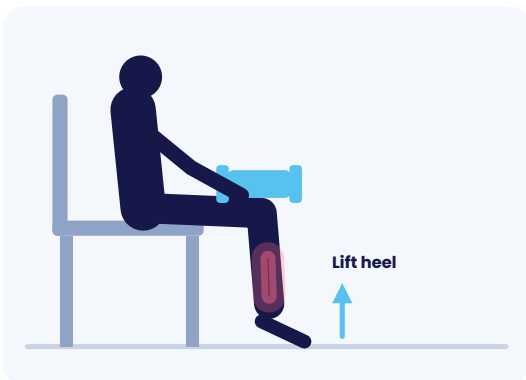
Calf and Achilles (midportion)

☐ Prescribed

1. Stand on a step on the ball of the affected foot, holding a rail.
2. Use both legs to rise up onto your toes.
3. Lift the good foot and slowly lower the affected heel over 3 seconds.

15 reps · 3 sets · Once a day

Tip: If your pain is at the heel bone (insertional), stop at level with the step. Don't drop below it.



4 Seated Soleus Raise

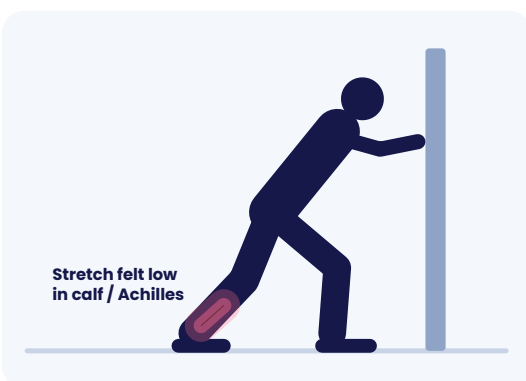
Lower calf (soleus)

☐ Prescribed

1. Sit with your knee bent at 90 degrees and a weight or heavy bag on your knee.
2. Lift your heel as high as you can.
3. Lower slowly.

15 reps · 3 sets · Once a day

Tip: The soleus takes a lot of load when running, so this one is often added as you progress.



5 Bent-Knee Calf Stretch

Lower calf and Achilles

☐ Prescribed

1. Face a wall with the affected foot behind.
2. Keep the heel down and bend the back knee.
3. Lean in until you feel a gentle stretch low in the calf.

Hold 30 seconds · 3 times · 2 times a day

Tip: Keep it gentle. A strong stretch can irritate some Achilles tendons.

When to stop and contact your podiatrist

- Sudden sharp pain at the back of the heel, a 'pop' or feeling of being kicked (this needs same-day medical review)
- Swelling, redness or warmth that is getting worse
- Pain that is not improving after 4–6 weeks of exercises
- Pain that stops you walking normally

Notes from your podiatrist

Important information

The information and exercises on this page are general in nature and are intended for educational purposes only. They are not a substitute for an individual assessment, diagnosis or treatment by a registered health practitioner. Not every exercise is suitable for every person. Please only complete these exercises as advised by your podiatrist or another registered health practitioner who has assessed you. Outcomes vary between individuals and no particular result can be guaranteed. If you are unsure whether an exercise is right for you, or your symptoms change or worsen, stop the exercise and seek advice from a health practitioner. In an emergency, call 000.

Prepared by Dr Bilal Khelladi, a podiatrist registered with the Podiatry Board of Australia. Dr Khelladi is not a registered medical practitioner.

References

1. Alfredson H, Pietilä T, Jonsson P, Lorentzon R. Heavy-load eccentric calf muscle training for the treatment of chronic Achilles tendinosis. *Am J Sports Med.* 1998;26(3):360–366.
2. Silbernagel KG, Thomeé R, Eriksson BI, Karlsson J. Continued sports activity, using a pain-monitoring model, during rehabilitation in patients with Achilles tendinopathy. *Am J Sports Med.* 2007;35(6):897–906.
3. Hawke F, Burns J, Radford JA, du Toit V. Custom-made foot orthoses for the treatment of foot pain. *Cochrane Database Syst Rev.* 2008; (3):CD006801.

Questions about your exercises?

Call us on (02) 9060 6670 or visit podiatryandinjuryclinic.com.au