

## Calf & Achilles Bottom Ladder

10	Hop test. When 50 pain-free hops can be completed on the injured leg move to the top ladder; this is a test not a training session.
9	Heels on staircase. When 25 one-legged heel raises can be done on the floor, start two legged heel raises on the staircase. Start one-legged heel raises after 20-25 pain-free repetitions with both legs.
8	Bike routine. Pedal using ball of the foot when pain free.
7	Bike routine. During the early days an Achilles injury may be too sore when using the ball of the foot to pedal, so use the arch of the foot. Interchange with the rowing routine.
6	Heel. Do plantar flexed heel raises with both feet together, 20-25 repetitions. Do not work through pain. When successful start one legged heel raises, 20-25 repetitions.
5	Swimming and rowing routine.
4	Buttock strength. On all fours bring the knee up to the chest then swing the leg backwards and upwards, moving the heel towards the back of head. Use gluteal exercise machine in gym.
3	Stretching (See attached calf stretch illustrations)
2	Encourage active plantar flexion followed by active dorsi flexion to pain. Start physiotherapy and stages 3-6.
1	RICE 24-48 hours.. Elevate heels with a heel raise. If appropriate wear shoes with raised heels.