

The purpose of these exercises is to put the fibres of the damaged tendon under increasing gradual strain without any impact. The fibres will start to re-align themselves and fluid and tissues involved in the reactive process will be re-absorbed, leaving the tendon strong and supple.

Be aware that these exercises can be painful initially, particularly in the mornings, but it is important to work through this, continuing with the full programme.

In case of any concerns, please get in touch with Dr. Crosby (see below for contact details).

## Exercise Position 1



Standing on the first step of the stairs on the balls of your feet with the heels protruding over the edge, maintain balance by lightly gripping the banisters, or your hands against the wall.

## Exercise Position 2



Slowly transfer weight to injured leg whilst maintaining balance with uninjured leg and allow injured heel to drop slowly down below edge of stairs until whole body weight is supported.

Hold for 15 seconds.

Transfer body weight to uninjured leg and lift injured heel back to starting position.

### **IMPORTANT:**

Do not attempt to lift body weight with injured leg after completion of the stretch, this puts a different strain on the muscle and tendon and is much less effective at re-aligning the fibres.

Repeat exercise with 3 sets of 15 reps with the knee bent and then 3 sets of 15 reps with the knee straight as you drop down.

Ice the tendon after each stretching session if there is any discomfort.

**NB If both Achilles tendons are affected, alternate the sets between left and right, completing 3 sets of 15 reps for each ankle.**

Repeat the whole exercise routine twice daily, once in the morning and once in the evening. These exercises should be continued for a minimum of eight weeks.