

These exercises should be repeated 5 times/week – start with 10 repetitions and increase as you feel able. It is ok to feel some discomfort when performing the exercises.

Seated calf raise

In a sitting position, push down on your thigh as you push up on to your tiptoes on one leg.



Double leg calf raise

1. Rise up onto your tiptoes. Keep your knees straight. Hold on if you need to steady yourself. Lower slowly down.
2. Keeping a slight bend in your knee rise up onto your tiptoes. Hold on if you need to steady yourself. Lower slowly down.

Single leg calf raise

1. Stand on one leg. Keep your knees straight. Rise up onto your tiptoes. Hold on if you need to steady yourself. Lower slowly down.
2. Stand on one leg. Keeping a slight bend in your knee rise up onto your tiptoes. Hold on if you need to steady yourself. Lower slowly down.



Stretching Exercises for the Achilles Tendon

Stretches should be held for at least one minute. Repeat at least once a day.

Gastrocnemius Stretch

Take a step forwards. Bend your front knee and keep the back leg straight. Keep your toes pointing forwards. Lean your weight forwards until you feel a stretch in the back calf.



Soleus stretch

- 1) Take a step forwards. Bend your front knee and your back knee. Keep your toes pointing forwards. Lean your weight forwards until you feel a stretch in the back calf.



OR

- 2) Begin in a kneeling position. Bring one foot forwards in line with the other knee. Keep your heel flat on the ground. Lean your weight forwards until you feel a stretch in the calf.



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