

# **Achilles Tendon Exercises**



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.

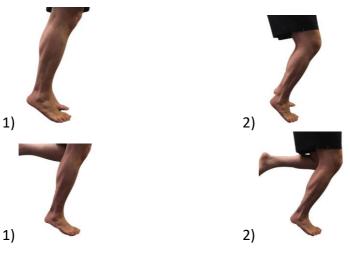


### Double leg calf raise

- 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**

 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

 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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