

Achilles Tendon Exercises

It is normal to feel mild stretching, pulling, tightness, or discomfort as you do these exercises, but you should stop right away if you feel sudden pain or your pain gets worse.

1. Stretching and range of motion exercises

These exercises warm up your muscles and joints and improve the movement and flexibility of your ankle. These exercises also help to relieve pain, numbness, and tingling.

Exercise A: Standing wall calf stretch, knee straight



1. Stand with your hands against a wall.
2. Extend your "bad" leg behind you and bend your front knee slightly. Keep both of your heels on the floor.
3. Point the toes of your back foot slightly inward.
4. Keeping your heels on the floor and your back knee straight, shift your weight toward the wall. Do not allow your back to arch. You should feel a gentle stretch in your calf.
5. Hold this position for 3-5 seconds.

Repeat 10 times. Complete this stretch 2-3 times per day.

Exercise B: Standing wall calf stretch, knee bent

1. Stand with your hands against a wall.
2. Extend your "bad" leg behind you, and bend your front knee slightly. Keep both of your heels on the floor.
3. Point the toes of your back foot slightly inward.
4. Keeping your heels on the floor, unlock your back knee so that it is bent. You should feel a gentle stretch deep in your calf.
5. Hold this position for 3-5 seconds.

Repeat 10 times. Complete this stretch 2-3 times per day.

2. Strengthening exercises

These exercises build strength and control of your ankle. Endurance is the ability to use your muscles for a long time, even after they get tired.

Exercise C: Plantar flexion with band



1. Sit on the floor with your "bad" leg extended. You may put a pillow under your calf to give your foot more room to move.
2. Loop a rubber exercise band or tube around the ball of your "bad" foot. The ball of your foot is on the walking surface, right under your toes. The band or tube should be slightly tense when your foot is relaxed.
3. Slowly point your toes downward, pushing them away from you.
4. Hold this position for 3-5 seconds.
5. Slowly release the tension in the band or tube, controlling smoothly until your foot is back to the starting position.

Repeat 10 times. Complete this exercise 2-3 times per day.

Exercise D: Heel raise with eccentric lower



1. Stand on a step with the balls of your feet. The ball of your foot is on the walking surface, right under your toes.
 - **Do not** put your heels on the step.
 - For balance, rest your hands on the wall or on a railing.
2. Rise up onto the balls of your feet.
3. Keeping your heels up, shift all of your weight to your "bad" leg and pick up your other leg.
4. Slowly lower your "bad" leg so your heel drops below the level of the step.
5. Put down your foot.

Complete this exercise 2-3 times per day.

3. Balance exercises

These exercises improve or maintain your balance. Balance is important in preventing falls.

Exercise E: Single leg stand

1. Without shoes, stand near a railing or in a door frame. Hold on to the railing or door frame as needed.
2. Stand on your "bad" foot. Keep your big toe down on the floor and try to keep your arch lifted.
3. Hold this position for 3-5 seconds.

Repeat 10 times. Complete this exercise 2-3 times per day.

If this exercise is too easy, you can try it with your eyes closed or while standing on a pillow.