

Achilles Tendinopathy Stretching/Strengthening Program



CALF STRETCH WITH TOWEL

While in a seated position, hook a towel under your foot and pull your ankle back until a stretch is felt on your calf area.

Keep your knee in a straightened position during the stretch.



STANDING CALF STRETCH - GASTROC

While standing and leaning against a wall, place one foot back behind you and bend the front knee until a gentle stretch is felt on the back of the lower leg.

Your back knee should be straight the entire time.



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ELASTIC BAND INVERSION - SELF FIX

While seated, cross your legs and using an elastic band attached to your foot, hook it under your opposite foot and up to your hand.

Next, draw your foot inward.

Be sure to keep your heel in contact with the floor the entire time.



ELASTIC BAND INVERSION

While seated, use an elastic band attached to your foot and draw your foot inward.

Be sure to keep your heel in contact with the floor the entire time.



ELASTIC BAND EVERSION - SELF FIX

Using an elastic band attached to your foot, hook it under your opposite foot and up to your hand.

Next, draw the band outwards to the side.

Be sure to keep your heel in contact with the floor the entire time.



ELASTIC BAND PLANTARFLEXION

While seated, use an elastic band attached to your foot and press your foot downward and forward.

Be sure to keep your heel in contact with the floor the entire time.



ELASTIC BAND DORSIFLEXION

While seated, use an elastic band attached to your foot and draw your foot upward.

Be sure to keep your heel in contact with the floor the entire time.



ECCENTRIC HEEL RAISES

(1) While standing, raise up on your toes (2) as you lift your heels off the ground.

(3) Next, bend the non-target leg.

Then, (4) lower your heel back down.



ECCENTRIC HEEL RAISES - STEP

(1) While standing on a step, raise up on your toes (2) as you lift your heels off the ground.

(3) Next, bend the non-target leg.

Then, (4) lower your heel back down.