

Prepared for: _____

Prepared by: _____

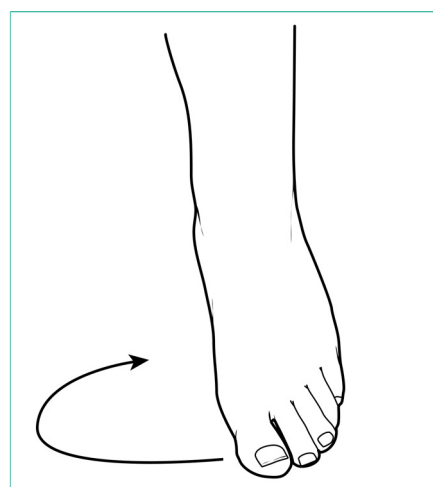
Home Exercise Program for Achilles Tendinosis or Tendinitis

- Begin gentle ankle range of motion on day 7 after the injury.
- Add the towel stretch, heel cord stretch, and calf raises on day 14 after the injury. Before stretching, warm up the tissues by applying moist heat or riding a stationary bicycle for 10 minutes.
- To prevent inflammation, apply a bag of crushed ice or frozen peas to the heel for 20 minutes after exercising.
- You should not experience pain with the exercises. If you are unable to perform the exercises because of pain or stiffness, or if your symptoms do not improve in 3 to 4 weeks, call your doctor.

Exercise	Muscle Group	Number of Repetitions/Sets	Number of Days per Week	Number of Weeks
Ankle range of motion	Dorsiflexors Plantar flexors Invertors Evertors	2 sets	Daily	2 to 3
Towel stretch	Gastrocnemius-soleus complex	4 repetitions/2 or 3 sets	Daily	3 to 4
Heel cord stretch	Gastrocnemius-soleus complex	4 repetitions/2 or 3 sets	Daily	3 to 4
Calf raises	Gastrocnemius-soleus complex	10 repetitions/2 or 3 sets	Daily	3 to 4

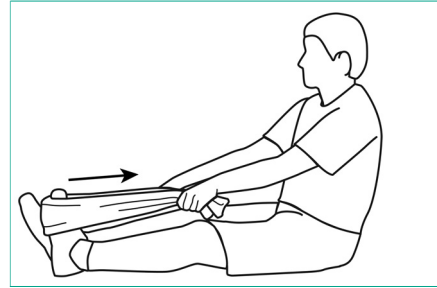
Ankle Range of Motion

- Sit on a chair or the edge of a bed so your feet don't touch the floor.
- Leading with the big toe, write each letter of the alphabet in the air. Keep your knee flexed.
- Perform 2 sets daily, for 2 to 3 weeks.



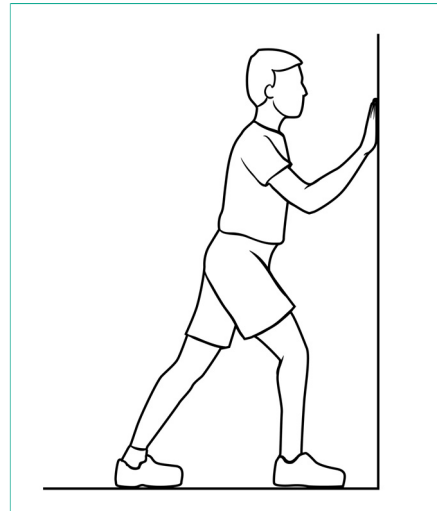
Towel Stretch

- Sit on the floor with your injured leg straight.
- Loop a towel around the ball of your foot.
- Grasp the ends of the towel and pull toward you, keeping the knee straight.
- Hold this stretch for 30 seconds and then relax for 30 seconds. Repeat 3 times.
- Perform this exercise 2 or 3 times per day, 6 or 7 days per week, for 3 to 4 weeks.



Heel Cord Stretch

- Stand facing a wall with the knee of the unaffected limb bent for support, the affected limb straight, and the toes pointed in slightly.
- Keeping the heels of both feet flat on the floor, lower your hips toward the wall.
- Hold this stretch for 30 seconds and then relax for 30 seconds. Repeat 4 times.
- Perform this exercise 2 or 3 times per day, 6 or 7 days per week, for 3 to 4 weeks.



Calf Raises

- Stand on a flat surface with your weight evenly distributed over both feet.
- Hold the back of a chair or place your hands against a wall for balance.
- Raise the heel of your uninjured leg off the floor as high as you can, using your body weight as resistance. Repeat 10 times.
- Perform 2 or 3 sets daily for 3 to 4 weeks.

