

<p>Exercise plan: <b>Achilles Tendinopathy- Easy</b></p>	<p>Patient: --</p>	<p>Date: <b>30th Apr 2020</b></p>
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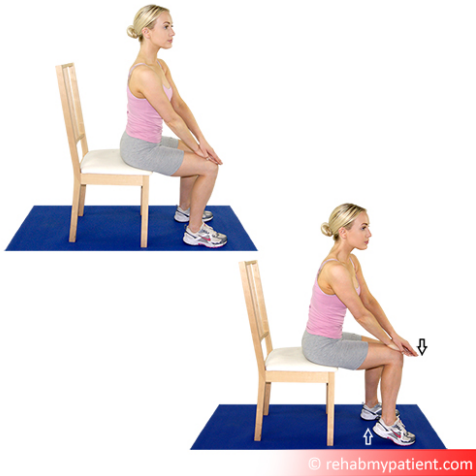


### Calf Raises Two Legs

Stand upright and hold onto a wall/table for balance if required. Slowly raise up onto your toes, and control the movement back down. This exercise will strengthen the calf muscles and ankle joints.

**Hold for 10 | Repeat 15 times | Perform 3 times daily**

Video: <http://youtu.be/cqDMYUaIXvw>

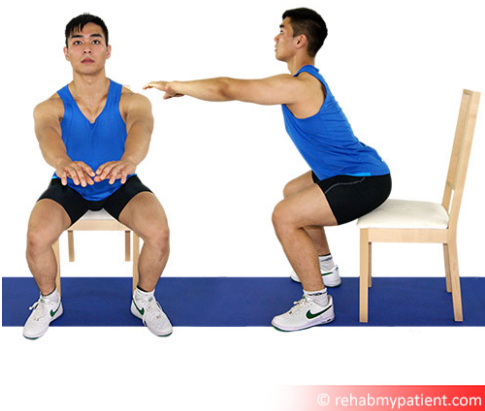


### Resisted Calf Raise

Sit upright on a chair with your feet placed flatly on the ground. Use your hands to firmly press your knee downward while attempting to lift your heel and keeping the ball of your foot planted on the floor. Your heel will lift slightly. Relax and repeat. This will contract and strengthen your calf muscle.

**Hold for 10 | Repeat 15 times | Perform 3 times daily**

Video: <http://youtu.be/KOWQ8KJ68Cg>



### Sit-Down Chair Squat

Stand up, and position yourself in front of a chair or stool. Bend your knees to go into a squat position, and touch your butt on the chair. Then, push up and go into the standing position. Throughout the exercise, keep your knee in-line with your foot, do not let your knee drift outwards or inwards. Also keep your hips and pelvis level as you squat, so you go down in a straight line. Be careful not to slump forwards as you squat, maintain good posture. Your weight should be going through your heel rather than the front half of your foot.

**Repeat 15 times | Perform 3 times daily**

Video: <http://youtu.be/ViFGDZzSCHA>



## Single-Leg Stand

Stand on one leg. You can soften your knee slightly if you wish. Be careful not to fall over (stand next to a wall or table if you are unsteady on your feet). Hold this position. You will feel the leg working, and will likely get some muscle aching all over the leg and buttock.

**Hold for 30 | Repeat 3 times | Perform 3 times daily**

Video: <http://youtu.be/hH4aQTBIYo0>