

Exercise plan:  
**Achilles Tendinopathy Moderate**

Patient:  
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Date:  
**30th Apr 2020**



### Calf Raises Two Legs Step

Stand on a step, hold onto a hand rail for balance if required. Slowly raise up onto your toes, and control the movement back down just below the level of the step. This exercise will strengthen the calf muscles and ankle joints, but at the bottom of the movement put a stretch through the calves as well.

**Hold for 5 | Repeat 15 times | Perform 3 times daily**

Video: [http://youtu.be/jfkTT\\_hr8bk](http://youtu.be/jfkTT_hr8bk)



### Calf Raise with Knees Bent Two Legs

Stand up with your knees bent, and rise up onto your toes and hold. Slowly control the movement back down. This is a strengthening exercise for the soleus (lower calf) muscle.

**Hold for 5 | Repeat 15 times | Perform 3 times daily**

Video: [http://youtu.be/atUz\\_RyJgrg](http://youtu.be/atUz_RyJgrg)



### One Leg Stand with towel

Roll up a towel, place it on the floor. Stand with your foot across the towel on one leg. Try to keep your balance. To progress, close your eyes. Be careful and hold on to a wall for support when you first start this exercise. This exercise will improve your balance and strength throughout your leg.

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

Video: [http://youtu.be/LkVfT3\\_-Ji8](http://youtu.be/LkVfT3_-Ji8)

## 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.

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

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



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