

Exercise plan:  
**Achilles Tendinopathy - Hard**

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



### Calf Raises One Leg

Stand upright on one leg. Slowly raise up onto your toes, and control the movement back down. Hold on to a wall or table for support. This exercise will strengthen the calf muscle and ankle joint.

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

Video: <http://youtu.be/QEILIo9KzIw>



### Calf Raise with Knee Bent One Leg

Stand up with your knee 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 3 | Repeat 15 times | Perform 3 times daily**

Video: <http://youtu.be/4i53Hkh1rdY>



### One Leg Stand with towel Eyes Closed

Roll up a towel, place it on the floor. Stand with your foot across the towel on one leg. Try to keep your balance. When you feel balanced, 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/fznzQdb4j0Y>

## 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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