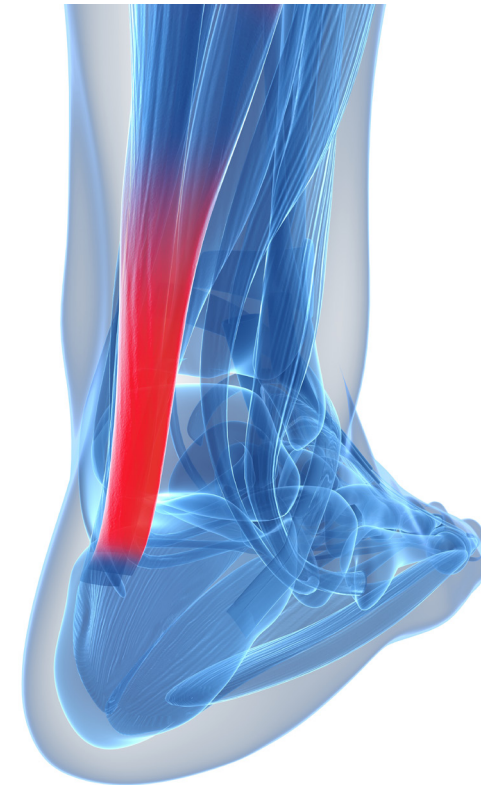


**180 REPS PER DAY
7 DAYS A WEEK**

FOR 12 WEEKS

- Continue the exercises daily for 12 weeks.
- You can expect to experience muscle soreness, continue the exercises even if you are experiencing discomfort.
- You can continue walking and jogging if it only causes mild discomfort not pain.
- Keep to flat ground and a slow pace and gradually increase as long as there is no pain in the tendon.

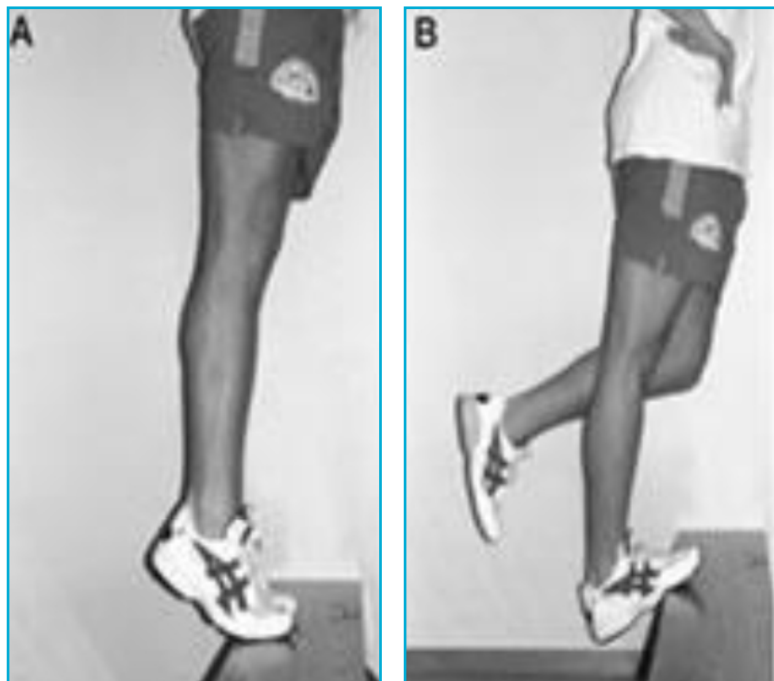


Patients information

Eccentric Exercises for Achilles Tendonopathy

Podiatry Service

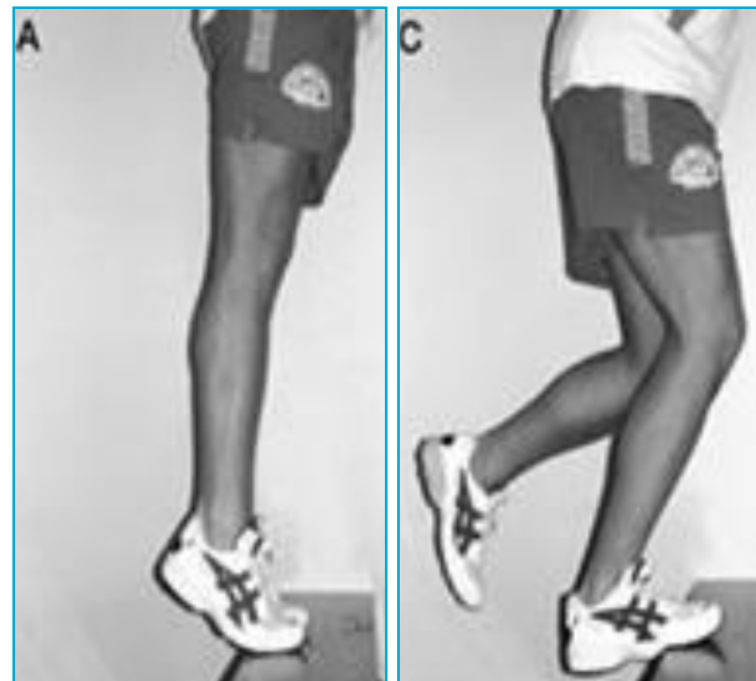
Exercise 1



- 1) Stand with your forefoot on a solid step or bottom stair, holding onto the stair rail or wall for balance, push up on your tiptoes with all of your body weight on your non injured leg (A).
- 2) Transfer your whole body weight onto your injured leg and lower your heel until it passes below the step (B).
- 3) Push back up onto tiptoe with all your weight on your non injured leg (A).

**REPEAT 15 TIMES X 3 (45 repetitions)
x2 PER DAY**

Exercise 2



- 1) Stand with your forefoot on a solid step or bottom stair, holding onto the stair rail or wall for balance, push up on your tiptoes with all of your body weight on your non injured leg (A).
- 2) Transfer all of your body weight onto your injured leg and bend your knee to about 30 degrees, now lower your heel until it passes below the step, keeping your knee bent (C).
- 3) Straighten your knee and push back up onto tiptoe with all of your weight on your non injured leg (A)

**REPEAT 15 TIMES X 3 (45 repetitions)
x2 PER DAY**