

Achilles Tendonitis patient handout

Table 1: Summary of Alfredson's heel-drop exercise programme	
Exercise	Stand on the edge of a step and rise up on to your toes; Lift the non-painful leg and then slowly lower your weight through the painful leg; Your heel should drop below the step; Perform the exercise with both a straight and bent knee; Expect some pain when performing the exercises, but do not continue if the pain is disabling.
Repetitions	3 x 15 performed with a straight knee 3 x 15 performed with a bent knee
Frequency	Twice daily
Progression	Add a weighted backpack as the exercises become more comfortable; It is not uncommon for people to progress to 50kg or more of additional weight.

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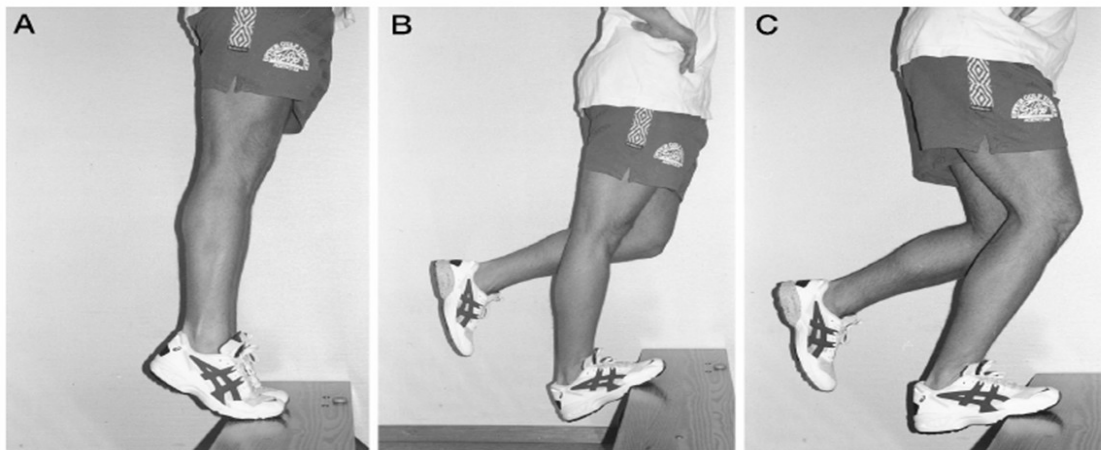


Figure 1. From an upright body position and standing with all body weight on the forefoot and the ankle joint in plantar flexion lifted by the noninjured leg (A), the calf muscle was loaded eccentrically by having the patient lower the heel with the knee straight (B) and with the knee bent (C).



Gastro Stretch
Stand with right foot back, leg straight, forward leg bent. Keeping heel on floor, turned slightly out, lean into wall until stretch is felt in calf. Hold for 30 seconds. Repeat 3 times per set. Do 1 set per session. Do 3 Sessions per day.



Soleus Stretch
Stand with right foot back, both knees bent. Keeping heel on floor, turned slightly out, lean into wall until stretch is felt in lower calf. Hold 30 seconds. Repeat 1 time per set. Do 1 set per session. Do 3 sessions per day.

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¹ Alfredson H, Pietilä T, Jonsson P, et al. *Heavy-load eccentric calf muscle training for the treatment of chronic Achilles tendinosis. Am J Sports Med* 1998;26:360–6