

Achilles Tendinopathy

ANKLE · ACHILLES TENDON

Pain and morning stiffness at the back of the heel from an overloaded tendon. Slow, heavy calf loading is the proven treatment. Pain at the heel bone itself (insertional): use exercises 3–5 on the floor only.

1



Heel Drop on Step

3 × 15, 2× daily, 12 weeks

- Rise on both legs; lower slowly on the sore side below the step.
- Add load in a backpack. Mid-portion pain only.

2

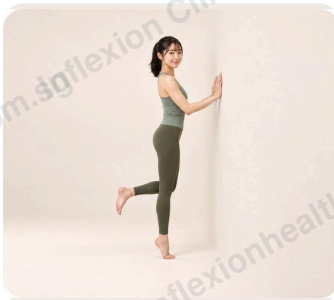


Bent-Knee Heel Drop

3 × 15, 2× daily

- Same drop with the knee bent, to load the deep calf.
- Mid-portion pain only.

3



Single-Leg Calf Raise

3 × 15 → 4 × 8 with load, 3× / week

- Slow: 3 sec up, 3 sec down.
- Heavy slow loading works as well as heel drops.

4



Seated Calf Raise

3 × 15

- Knees bent; lift the heels with weight on the knees.
- Targets the deep calf.

5



Double-Leg Calf Raise

3 × 15 (entry level)

- Rise onto the toes; lower over 3 sec.
- Hold a wall for balance.

6



Hop Progression

3 × 20 (late stage)

- From week 8–12, pain-free: gentle double-leg hops, then single.
- Prepares the tendon for running.

HOW OFTEN

Heel drops twice daily (1–2) or heavy slow loading 3× per week (3–5). Expect 12 weeks; a mild ache that settles by morning is fine.

PAIN RULE & PROGRESSION

Mild discomfort up to 3/10 that settles by the next morning is acceptable. If higher, do fewer reps or a smaller range. Progress (more load, reps or range) once two sessions in a row stay within this rule.

SEE US SOONER IF

Sudden 'pop' with weakness pushing off — go to A&E (possible rupture).