

Injury Profile: achilles rehab for j m  
Last Updated: 20 Oct 2021

The following are rehabilitation exercises to help you recover faster and prevent re-injury. Please contact your Health Professional if you have any questions

### Achilles Tendinopathy



- The Achilles tendon is located at the base of the calf joining the calf to the heel.
- Achilles tendinopathy occurs when overload causes disruption to the tendon properties.
- Contributing factors are biomechanical anomalies, poor training technique and reduced flexibility in the muscle.
- Management includes strengthening of the calf, regaining flexibility in musculature and altering foot biomechanics and training.

### Short Calf Stretch



**0:30**     **2**  
Hold         Sets

- Start with leg in slightly closer than the long calf stretch
- Point foot straight ahead
- Bend knee to feel stretch in the lower calf

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### Long Calf Stretch



**0:30**     **2**  
Hold         Sets

- Place the stretching leg behind
- Point foot straight ahead and keep the knee straight
- Lean forward keeping the heel on the ground to feel stretch in the calf

[Watch Video](#)

### Eccentric Calf Lower - Knee Straight



**15**         **3**  
Reps         Sets

- Stand on edge of step
- Raise up on toes with non-injured leg
- Slowly lower your heel over the edge of step (3secs) on the injured leg
- **Use your non-injured leg to raise you up onto your toes again**
- Exercise should be progressively loaded as becomes easier by using weights or a weighted back pack

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### Calf Raise on Floor (Double)



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- Keep knees straight and raise up onto toes
- Pause at the top then slowly lower

The exercises and advice in this rehabilitation program have been prescribed specifically to you by your healthcare provider/therapist. Any questions about this program should be directed to that provider. MyPhysioRehab does not accept any liability for damage or injury suffered whilst performing these exercises. Please seek advice and guidance from your provider if you experience any discomfort during this exercise routine.