



Exercises for Achilles mid portion tendonopathy

Alfredson's
painful heel-drop
protocol

This is an ideal exercise to improve compliance of calf muscles, thereby reducing the load on the Achilles tendon. The exercise should be performed wearing supportive, footwear with non slippery soles, such as trainers. It exercises both of the major superficial muscles of the calf.

The exercises WILL be PAINFUL! If not load the Achilles by wearing a back pack containing some heavy weights.

Gastrocnemius
stretch

The first stretch should be done with a straight leg.

You begin by standing on a step or raised platform with the rear portion of the foot overhanging the step. Hold onto something solid so that your balance is maintained throughout the exercise. The heel should be raised, and the knee fully extended as in fig a.

From this starting position lower the heel so that the foot is parallel to the ground. See fig b.

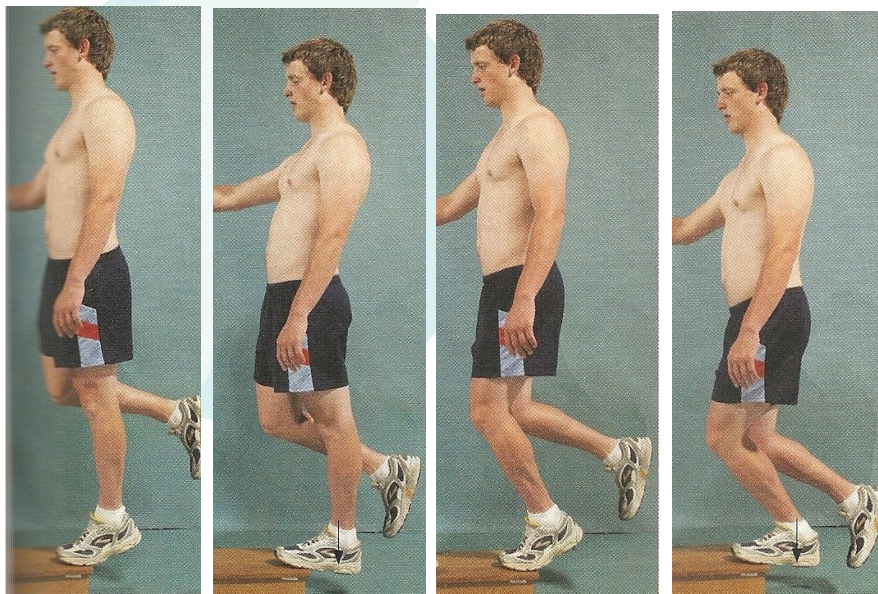


Fig a.

Fig b.

Fig c.

Fig d.

Soleus stretch

Now adjust your starting position so that the knee is bent by about 45° as in fig c. Lower the heel so that the foot is parallel to the ground, fig d.

Protocol

Number of exercises	Exercise specifics	Exercise progression
3*15 repetitions, 2 times daily, 7 days a week for 12 weeks.	Lower only from standing. Use the unaffected leg or arms to return to the start position.	Do until the exercises become pain free. Add load progressively until exercises are painful.





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