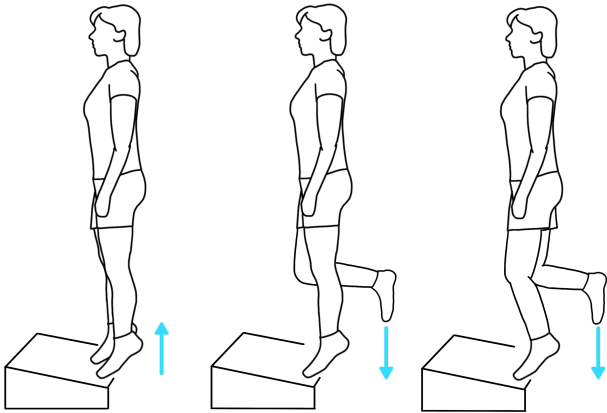
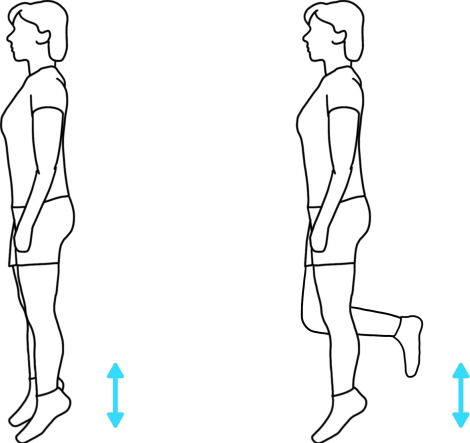
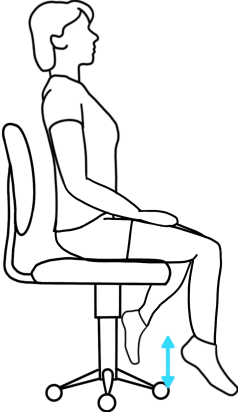
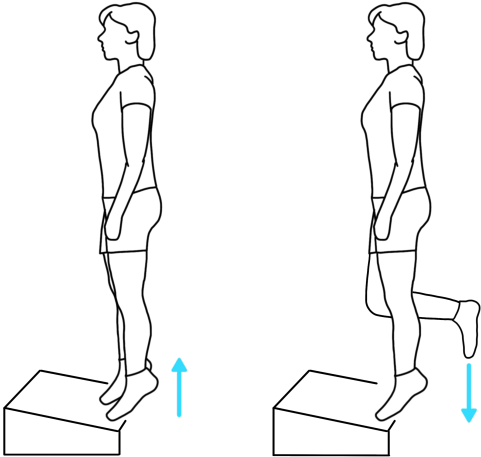


Mid-Portion Achilles Tendinopathy Exercises

Exercise	Exercise
<p>Heel drop: knee straight and knee bent</p> <ol style="list-style-type: none">1. Stand on the edge of a step.2. Start using the side that is injured standing on your toes, then lower the heel as far down as possible.3. Rise back on the toes with the assistance of the other foot. Continue doing this exercise even if it gets painful, but stop if the pain is disabling.4. Repeat until pain-free.5. Once pain-free, progressively load weight, either in a backpack or carrying something in your hands until the exercise becomes painful again.6. Repeat for _____ times and for _____ sets or until pain-free.	 <p>The illustration shows three stages of the heel drop exercise. In the first stage, a person stands on the edge of a step with their right foot on the edge and their left foot on the ground. A blue arrow points up from the right foot. In the second stage, the person has shifted their weight onto their right foot and is lowering their right heel towards the ground. A blue arrow points down from the right foot. In the third stage, the person has shifted their weight back onto their left foot and is lowering their left heel towards the ground. A blue arrow points down from the left foot.</p>
<p>Heel rise: two-legged and one-legged</p> <ol style="list-style-type: none">1. Stand on the ground with your feet flat.2. Lift the heels as far up as possible.3. Lower the heels back down. Continue doing this exercise even if it gets painful, but stop if the pain is disabling.4. Repeat for _____ times and for _____ sets or until pain-free. <p>When performing the one-legged version, start with the injured leg on the floor and the other leg raised.</p>	 <p>The illustration shows two versions of the heel rise exercise. On the left, a person stands on both feet flat on the ground. A blue double-headed vertical arrow is positioned between their feet, indicating the up-and-down movement of the heels. On the right, a person stands on their right foot (the injured leg) while their left leg is raised behind them. A blue double-headed vertical arrow is positioned between their right foot and the ground, indicating the up-and-down movement of the heel.</p>
<p>Sitting heel rise</p> <ol style="list-style-type: none">1. Sit on a chair with your affected leg at a 45 degree angle, with the injured foot's tip touching the ground.2. Lift the heel as high up as possible and lower to the ground. <p>Hold for _____ seconds. Repeat for _____ times and for _____ sets.</p>	 <p>The illustration shows a person sitting on a chair. Their right leg is extended forward at a 45-degree angle, with the tip of their right foot touching the floor. A blue double-headed vertical arrow is positioned between the tip of their right foot and the floor, indicating the up-and-down movement of the heel.</p>

Exercise	Exercise
<p>Heel rise on step: two-legged and one-legged</p> <ol style="list-style-type: none"> 1. Stand on the edge of a platform with both feet's toes on edge of the step. 2. Lift the heel as far up as possible. Hold for _____ seconds. 3. Slowly lower back down, stretching the heel past the toes. 4. Continue doing this exercise even if it gets painful, but stop if the pain is disabling. 5. Repeat for _____ times and for _____ sets or until pain free. <p>When performing the one-legged exercise start with the leg on the step that is injured with the other leg raised.</p>	
<p>Additional notes</p>	

References

Grävare Silbernagel, K., & Crossley, K. M. (2015). A proposed return-to-sport program for patients with midportion Achilles tendinopathy: Rationale and implementation. *Journal of Orthopaedic & Sports Physical Therapy*, 45(11), 876–886. <https://doi.org/10.2519/jospt.2015.5885>