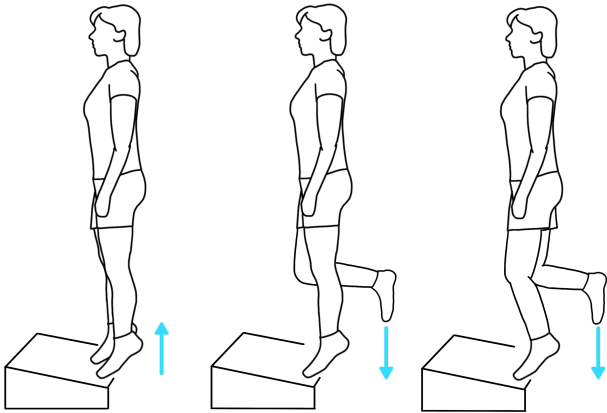
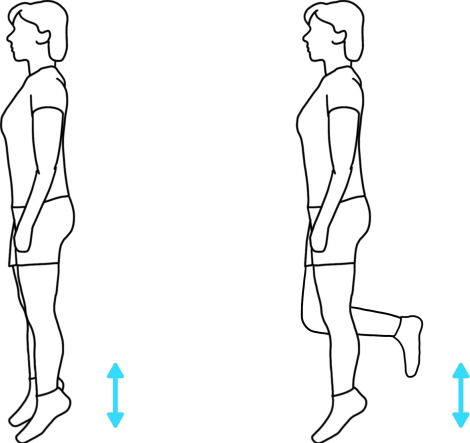
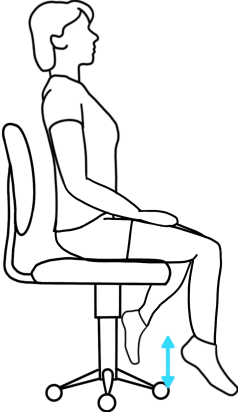
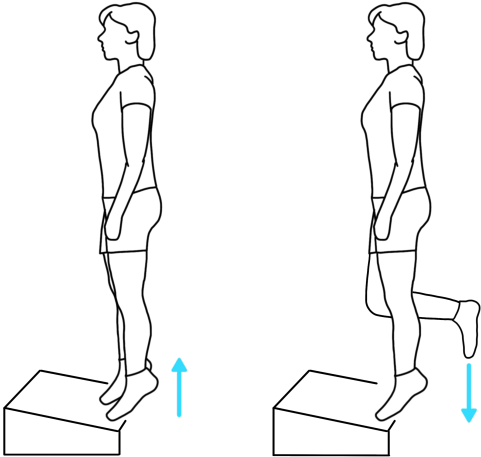


Mid-Portion Achilles Tendinopathy Exercises

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>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>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>	

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>