

Achilles Tendinitis

Exercises

- Client Handouts -

**Title:**

Achilles Tendinitis Exercise Solution

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**Exercise Considerations**

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Consult with a physician before beginning the exercises in this book. A physician can determine which exercises are appropriate for you or your clients, and if any should be avoided or modified.

**Disclaimer**

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***Achilles Tendinitis Exercise Solution*** is primarily an educational resource and is not intended to take the place of the advice and recommendations of a physician. If you suspect your client has a health problem, please have him or her seek the services of a physician or healthcare professional.

Exercise is an ever-changing science. As new research and clinical experience broaden our knowledge, changes in exercise and exercise prescriptions are inevitable. The author has checked with sources believed to be reliable in his effort to provide information that is complete and generally in accord with the standards accepted at the time of publication. However, in view of the possibility of human error or changes in exercise science, neither the author nor any other party who has been involved in the preparation or publication of this work warrants that the information contained herein is in every respect accurate or complete, and they are not responsible for any errors or omissions or for the results obtained from the use of such information. Readers are encouraged to confirm the information contained herein with other sources.

**Client Handout**

Exercise	Day												
<p><b>Foam Roller with Toe Up</b></p> 	<p>1 to 3 times</p>												
<p><b>Foam Roller with Toe Out</b></p> 	<p>1 to 3 times</p>												
<p><b>Self Massage with Ball</b></p> 	<p>1 to 3 times</p>												
<p><b>Self Massage with Thumb in Kneeling</b></p> 	<p>1 to 3 times</p>												
<p><b>Self Massage with Thumb in Sitting</b></p> 	<p>1 to 3 times</p>												

<p><b>Ankle Mobility with Knee to Wall</b></p> 	<p>10 times</p>												
<p><b>Ankle Mobility Knee to Wall with Toe Away</b></p> 	<p>10 times</p>												
<p><b>Ankle Mobility - Three Way</b></p> 	<p>10 times</p>												
<p><b>Calf Stretch - Natural</b></p> 	<p>2 times for 30 seconds</p>												

<p><b>Calf Stretch - Straight</b></p> 	<p>2 times for 30 seconds</p>												
<p><b>Calf Stretch - Toe In</b></p> 	<p>2 times for 30 seconds</p>												
<p><b>Soleus Stretch - Natural</b></p> 	<p>2 times for 30 seconds</p>												
<p><b>Soleus Stretch - Straight</b></p> 	<p>2 times for 30 seconds</p>												

<p><b>Soleus Stretch - Toe In</b></p> 	<p>2 times for 30 seconds</p>												
<p><b>Calf Raises - Both Feet</b></p> 	<p>10 to 20 times</p>												
<p><b>Calf Raises - One Foot</b></p> 	<p>10 to 20 times</p>												
<p><b>Calf Raises - Hopping</b></p> 	<p>10 to 20 times</p>												

<p><b>Single Leg Balance</b></p> 	<p>2 sets for a 30 second hold</p>												
<p><b>Single Leg Deadlift</b></p> 	<p>10 times</p>												
<p><b>Single Leg on Toe</b></p> 	<p>2 sets for a 30 second hold</p>												
<p><b>Lateral Movement Walking</b></p> 	<p>10 times</p>												

<p><b>Lateral Tubing Walk</b></p> 	<p>10 times</p>												
<p><b>Monster Walking</b></p> 	<p>10 times</p>												
<p><b>Step Up</b></p> 	<p>10 times</p>												
<p><b>Step Down</b></p> 	<p>10 times</p>												

<p><b>Step Over</b></p> 	<p>10 times</p>												
<p><b>Heel Drop Both Legs Straight</b></p> 	<p>3 sets of 15 repetitions</p>												
<p><b>Heel Drop One Leg Straight</b></p> 	<p>3 sets of 15 repetitions</p>												
<p><b>Heel Drop With Weight Straight</b></p> 	<p>3 sets of 15 repetitions</p>												

<p><b>Heel Drop Both Legs Bent</b></p> 	<p>3 sets of 15 repetitions</p>												
<p><b>Heel Drop One Leg Bent</b></p> 	<p>3 sets of 15 repetitions</p>												
<p><b>Heel Drop with Weight Straight</b></p> 	<p>3 sets of 15 repetitions</p>												