

**Achilles Tendinitis**  
**Exercises**  
**- Exercise Manual -**

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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.

## ***Preface***

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Thank you for supporting one of my dreams!

I have always dreamed of being a writer. The book you are reading is one of those writing dreams coming true. I hope you take from it as much as I have gotten out of its research and production.

### **Pass this Book On**

Feel free to take your personal printed copy and share it with your family, friends and colleagues. Everyone's health will improve if we all learn and educate each other on how to maintain a healthy and active lifestyle. If you received this as an e-book, please do not forward it on. Writing is how I make a living. Unauthorized distribution constitutes theft of my intellectual property.

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## **Key Exercise Details for Achilles Tendinitis Exercise Solution**

### **What should I do before performing these exercises?**

Consult with your physician to see if there is any reason why you should not perform these exercises.

### **How often to perform the exercises in this book?**

Each exercise should be performed every day and as a warm up before games or sports.

### **When should I feel and see results?**

You will begin to feel results in 14 days and you should continue for 12 weeks to get the most out of the exercises and to prevent the injury from coming back.

## **Exercise Legend**

*Below are definitions of what each category is and what it means.*

**Name of the exercise:** The common name used for the exercise.

**Purpose of this exercise:** What the exercise is targeting and what the goal of the exercise is.

**Starting position:** What position you need to set your body into before starting the exercise.

**How to do this exercise:** The key steps in performing the exercise safely and for maximum results.

**Progression:** What the next step is when the exercise is too easy.

**Contraindications & Common Mistakes:** Who should be cautious about doing the exercises, or should not be doing them. Common errors that occur when performing the exercise, which will decrease effectiveness and increase the risk of injury.

### EXERCISE 1: Foam Roller with Toe Up



End

<b>Purpose:</b>	To self massage the calf in order to promote circulation and address trigger points.
<b>Starting Position:</b>	Start in a sitting position with your leg resting on the foam roller.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Prop yourself up and roll the foam roller up your leg from your ankle to your knee.</li> <li>2. Stop at spots that feel sensitive.</li> <li>3. Hold the spot until the sensitivity decreases.</li> <li>4. Continue up the leg.</li> <li>5. Stop when you get just below the knee.</li> <li>6. Repeat twice.</li> <li>7. This can be done 1 to 3 times a day.</li> </ol>
<b>Progressions:</b>	- Progress to Foam Roller with Toe Out
<b>Contraindications &amp; Common Mistakes:</b>	<ul style="list-style-type: none"> <li>- Those with poor circulation issues in their lower legs.</li> <li>- Those that get shoulder pain when getting into this position.</li> </ul>

## EXERCISE 2: Foam Roller Toe Out



End

<b>Purpose:</b>	To self massage the calf in order to promote circulation and address trigger points.
<b>Starting Position:</b>	Start in a sitting position with your leg resting on the foam roller and your leg rotated out.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Prop yourself up and roll the foam roller up your leg from your ankle to your knee with a focus on the outer part of the calf.</li> <li>2. Stop at spots that feel sensitive.</li> <li>3. Hold the spot until the sensitivity decreases.</li> <li>4. Continue up to the knee.</li> <li>5. Stop when you get to just below the knee.</li> <li>6. Repeat twice.</li> <li>7. This can be done 1 to 3 times a day.</li> </ol>
<b>Progressions:</b>	<ul style="list-style-type: none"> <li>- Put more of your body weight on the foam roller.</li> </ul>
<b>Contraindications &amp; Common Mistakes:</b>	<ul style="list-style-type: none"> <li>- Those with poor circulation issues in their lower legs.</li> <li>- Those that get shoulder pain when getting into this position.</li> </ul>

### EXERCISE 3: Ball Self Massage



<b>Purpose:</b>	To self massage the calf in order to promote circulation and address trigger points.
<b>Starting Position:</b>	Start in a sitting position with your leg resting on the ball.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Prop yourself up and roll ball around your calf from your ankle to your knee.</li> <li>2. Stop at spots that feel sensitive.</li> <li>3. Hold the spot until the sensitivity decreases.</li> <li>4. Continue up to the knee.</li> <li>5. Stop when you get to just below the knee.</li> <li>6. Repeat twice.</li> <li>7. This can be done 1 to 3 times a day.</li> </ol>
<b>Progressions:</b>	<ul style="list-style-type: none"> <li>- Put more of your body weight onto the ball.</li> </ul>
<b>Contraindications &amp; Common Mistakes:</b>	<ul style="list-style-type: none"> <li>- Those with poor circulation issues in their lower legs.</li> <li>- Those that get shoulder pain when getting into this position.</li> </ul>

**EXERCISE 4: Thumb Self Massage Kneeling**



<b>Purpose:</b>	To self massage the calf in order to promote circulation and recovery around the injured area.
<b>Starting Position:</b>	Get into a kneeling position and place your hand on your calf.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Grab your lower leg with your fingers and with your thumb, self massage around the injured area.</li> <li>2. Massage above and below the injured area.</li> <li>3. Perform about 10 times.</li> <li>4. This can be done 1 to 3 times a day.</li> </ol>
<b>Progressions:</b>	- Put more pressure on your thumb.
<b>Contraindications &amp; Common Mistakes:</b>	- If this is too painful, then do not do this exercise.

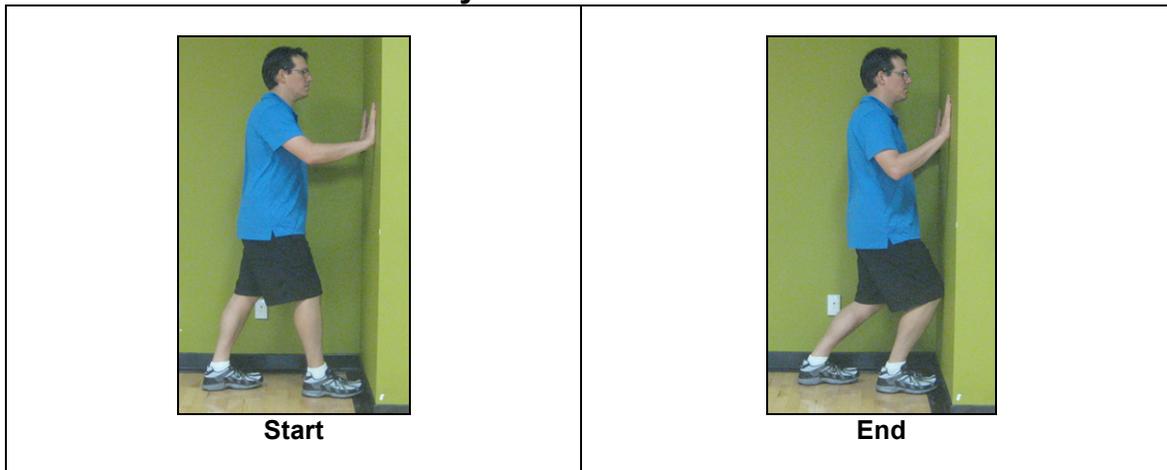
### EXERCISE 5: Thumb Self Massage Sitting



End

<p><b>Purpose:</b></p>	<p>To self massage the calf in order to promote circulation and recovery around the injured area.</p>
<p><b>Starting Position:</b></p>	<p>Get into a sitting position and place your hand on your calf.</p>
<p><b>How to Do the Exercise:</b></p>	<ol style="list-style-type: none"> <li>1. Grab your lower leg with your fingers and with your thumb, self massage around the injured area.</li> <li>2. Massage above and below the injured area.</li> <li>3. Perform about 10 times.</li> <li>4. This can be done 1 to 3 times a day.</li> </ol>
<p><b>Progressions:</b></p>	<ul style="list-style-type: none"> <li>- Put more pressure on your thumb.</li> </ul>
<p><b>Contraindications &amp; Common Mistakes:</b></p>	<ul style="list-style-type: none"> <li>- If this is too painful, then do not do this exercise.</li> </ul>

### EXERCISE 6: Ankle Mobility with Knee to Wall



<b>Purpose:</b>	To loosen up the ankle in order to get better movement in the ankle and decrease the stress placed on the Achilles tendon.
<b>Starting Position:</b>	Start in a standing position with hands on the wall and front foot against the wall.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Move the knee of the front foot towards the wall.</li> <li>2. Move in a slow and controlled manner until the knee lightly touches.</li> <li>3. You will not feel a stretch but you are looking for a feeling of smooth movement. If there is resistance in your ankle or stiffness in the ankle joint, then continue performing this exercise.</li> <li>4. Perform 10 times.</li> <li>5. This exercise can be done 1 to 3 times a day.</li> </ol>
<b>Progressions:</b>	- Progress to knee to wall with toe away.
<b>Contraindications &amp; Common Mistakes:</b>	- If you feel stress on the knee, try to focus on putting more weight on the heel of your foot.

### EXERCISE 7: Ankle Mobility with Knee to Wall and Toe Away



<b>Purpose:</b>	To loosen up the ankle in order to get better movement in the ankle and decrease the stress placed on the Achilles tendon.
<b>Starting Position:</b>	Start in a standing position with hands on the wall and front foot a few inches from the wall.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Move the knee of the front foot towards the wall.</li> <li>2. Move in a slow and controlled manner until the knee lightly touches.</li> <li>3. You will not feel a stretch but you are looking for a feeling of smooth movement. If there is resistance in your ankle or stiffness in the ankle joint, then continue performing this exercise.</li> <li>4. Perform 10 times.</li> <li>5. This exercise can be done 1 to 3 times a day.</li> </ol>
<b>Progressions:</b>	- Progress to three way knee to wall exercise.
<b>Contraindications &amp; Common Mistakes:</b>	- If you feel stress on the knee, try to focus on putting more weight on the heel of your foot.

**EXERCISE 8: Ankle Mobs Three Way**



<b>Purpose:</b>	To loosen up the ankle in order to get better movement in the ankle and decrease the stress placed on the Achilles tendon.
<b>Starting Position:</b>	Start in a standing position with hand on the wall and front foot in front of you.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Move the knee of the front foot so it moves to the inside of the front foot big toe and just pass it. Then return to the starting position.</li> <li>2. Move the knee of the front foot so it moves to the over the front foot big toe and just pass it. Then return to the starting position.</li> <li>3. Move the knee of the front foot so it moves to the outside of the front foot big toe and just pass the toe. Then return to the starting position.</li> <li>4. Make sure to move in a slow and controlled manner.</li> <li>5. You will not feel a stretch but you are looking for a feeling of smooth movement. If there is resistance in your ankle or stiffness in the ankle joint, then continue performing this exercise.</li> <li>6. Perform 10 times.</li> <li>7. This exercise can be done 1 to 3 times a day.</li> </ol>
<b>Progressions:</b>	- None.
<b>Contraindications &amp; Common Mistakes:</b>	- If you feel stress on the knee, try to focus on putting more weight on the heel of your foot.

**EXERCISE 9: Calf Stretch Natural**



**End**

<b>Purpose:</b>	To stretch out the calf muscle.
<b>Starting Position:</b>	Start in a standing position with hands on the wall and feet a stride apart.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Lean forward while still keeping the heel of the back foot down until you feel a light stretch under your calf.</li> <li>2. Hold this position for 30 seconds and perform twice.</li> <li>3. This exercise can be done 1 to 3 times a day.</li> </ol>
<b>Progressions:</b>	- Progress to Calf Stretch with Toe Straight.
<b>Contraindications &amp; Common Mistakes:</b>	- You will get more out of the stretch if the stretch is light in the calf.

## EXERCISE 10: Calf Stretch with Foot Straight



End

<b>Purpose:</b>	To stretch out the calf muscle.
<b>Starting Position:</b>	Start in a standing position with hands on the wall and feet a stride apart. Rotate your back hip so your back foot is pointing straight ahead.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Lean forward while still keeping the heel of the back foot down until you feel a light stretch under your calf.</li> <li>2. Hold this position for 30 seconds and perform twice.</li> <li>3. This exercise can be done 1 to 3 times a day.</li> </ol>
<b>Progressions:</b>	- Progress to Calf Stretch with Toe In.
<b>Contraindications &amp; Common Mistakes:</b>	- You will get more out of the stretch if the stretch is light in the calf.

### EXERCISE 11: Calf Stretch Toe In



End

<b>Purpose:</b>	To stretch out the calf muscle.
<b>Starting Position:</b>	Start in a standing position with hands on the wall and feet a stride apart. Rotate your back hip so your back foot is pointing inwards.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Lean forward while still keeping the heel of the back foot down until you feel a light stretch under your calf.</li> <li>2. You should feel more of the stretch on the outer part of your calf.</li> <li>3. Hold this position for 30 seconds and perform twice.</li> <li>4. This exercise can be done 1 to 3 times a day.</li> </ol>
<b>Progressions:</b>	- None.
<b>Contraindications &amp; Common Mistakes:</b>	- You will get more out of the stretch if the stretch is light in the calf.

**EXERCISE 12: Soleus Stretch Natural**



End

<b>Purpose:</b>	To stretch out the soleus muscle.
<b>Starting Position:</b>	Start in a standing position with hands on the wall and feet a half stride apart.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Bend both knees and lean forward while still keeping the heel of the back foot down until you feel a light stretch under your calf.</li> <li>2. Hold this position for 30 seconds and perform twice.</li> <li>3. This exercise can be done 1 to 3 times a day.</li> </ol>
<b>Progressions:</b>	- Progress to Soleus Stretch with Toe Straight.
<b>Contraindications &amp; Common Mistakes:</b>	- You will get more out of the stretch if the stretch is light in the calf.

### EXERCISE 13: Soleus Stretch Straight



End

<b>Purpose:</b>	To stretch out the soleus muscle.
<b>Starting Position:</b>	Start in a standing position with hands on the wall and feet a half stride apart. Rotate the back hip so the back foot is pointing straight ahead.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Bend both knees and lean forward while still keeping the heel of the back foot down until you feel a light stretch under your calf.</li> <li>2. Hold this position for 30 seconds and perform twice.</li> <li>3. This exercise can be done 1 to 3 times a day.</li> </ol>
<b>Progressions:</b>	- Progress to Soleus Stretch with Toe In.
<b>Contraindications &amp; Common Mistakes:</b>	- You will get more out of the stretch if the stretch is light in the calf.

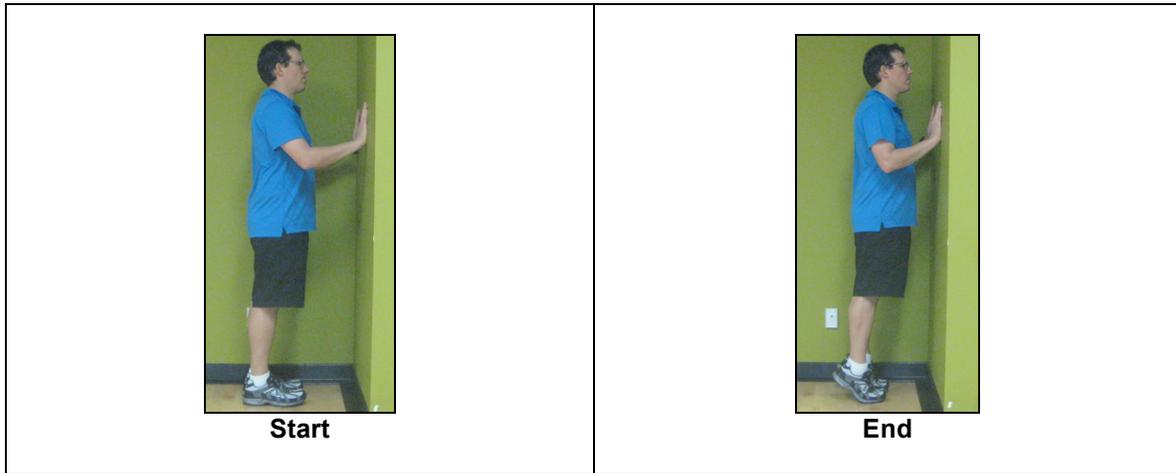
### EXERCISE 14: Soleus Stretch with Toe In



End

<b>Purpose:</b>	To stretch out the soleus muscle.
<b>Starting Position:</b>	Start in a standing position with hands on the wall and feet a half stride apart. Rotate the back hip so the back foot is pointing inwards.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Bend both knees and lean forward while still keeping the heel of the back foot down until you feel a light stretch under your calf.</li> <li>2. Hold this position for 30 seconds and perform twice.</li> <li>3. This exercise can be done 1 to 3 times a day.</li> </ol>
<b>Progressions:</b>	- None
<b>Contraindications &amp; Common Mistakes:</b>	- You will get more out of the stretch if the stretch is light in the calf.

**EXERCISE 15: Calf Raises on Both Feet**



<b>Purpose:</b>	To strengthen the calf muscle.
<b>Starting Position:</b>	Start in a standing position with hands on the wall.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. In a slow and controlled manner, come onto the balls of your foot.</li> <li>2. Then return your heels back on the floor.</li> <li>3. Perform 10 to 20 repetitions.</li> <li>4. This can be done 1 to 3 times a day.</li> </ol>
<b>Progressions:</b>	- Progress to Calf Raises on one toe.
<b>Contraindications &amp; Common Mistakes:</b>	- Perform the exercises if there is mild discomfort but discontinue if it is disabling pain.

**EXERCISE 16: Calf Raises on One Foot**



<b>Purpose:</b>	To strengthen the calf muscle.
<b>Starting Position:</b>	Start in a standing position with hands on the wall and your weight on one leg.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. In a slow and controlled manner, come onto the ball of your foot.</li> <li>2. Then return your heels back on the floor.</li> <li>3. Perform 10 to 20 repetitions.</li> <li>4. This can be done 1 to 3 times a day.</li> </ol>
<b>Progressions:</b>	- Progress to Calf Raises with hopping.
<b>Contraindications &amp; Common Mistakes:</b>	- Perform the exercises if there is mild discomfort but discontinue if it is disabling pain.

### EXERCISE 17: Calf Raises Hopping



<b>Purpose:</b>	To strengthen the calf muscle.
<b>Starting Position:</b>	Start in a standing position with hands on the wall and your weight on one leg.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. In a slow and controlled manner, jump up off the one foot.</li> <li>2. Then return your heels back on the floor.</li> <li>3. Perform 10 to 20 repetitions.</li> <li>4. This can be done 1 to 3 times a day.</li> </ol>
<b>Progressions:</b>	- You can add weights to your hands or a backpack with weight to make the exercise more challenging.
<b>Contraindications &amp; Common Mistakes:</b>	- Perform the exercises if there is mild discomfort but discontinue if it is disabling pain.

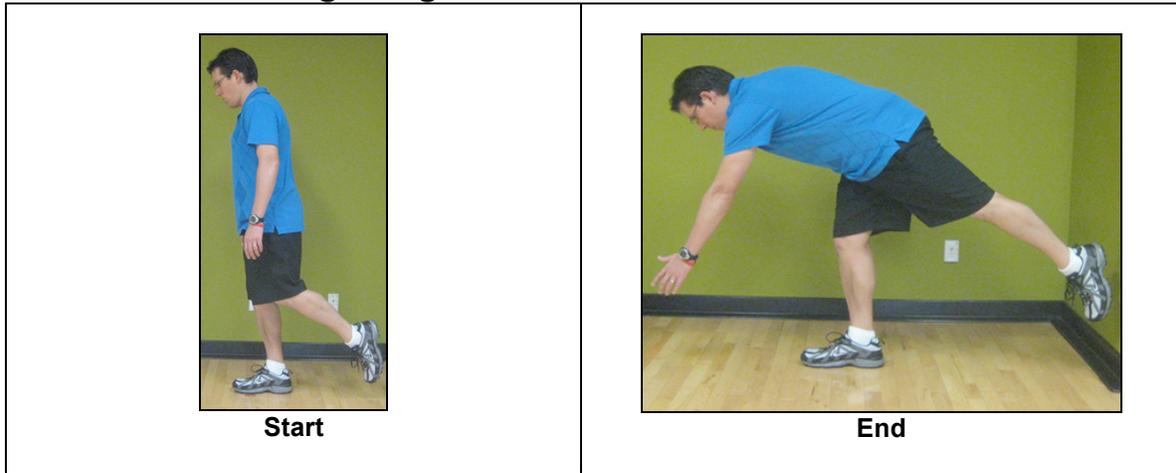
## EXERCISE 18: Single Leg Balance



End

<b>Purpose:</b>	To improve balance in the leg and improve stability in the hip in the frontal plane (side to side)
<b>Starting Position:</b>	Start in a standing position, standing on one leg.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Hold this position for 30 seconds and perform twice.</li> <li>2. This exercise can be done 1 to 3 times a day.</li> </ol>
<b>Progressions:</b>	- Progress to single leg deadlift
<b>Contraindications &amp; Common Mistakes:</b>	- If you feel you are not safe standing on one leg, make sure you are close to the wall so you can regain your balance by grabbing the wall.

### EXERCISE 19: Single Leg Deadlift



<b>Purpose:</b>	To improve balance in the leg and improve stability in the hip in the frontal plane (side to side)
<b>Starting Position:</b>	Start in a standing position, standing on one leg.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Bend at the waist, keep the left leg in line with your upper body and reach for the floor with your left hand.</li> <li>2. With each repetition, you should try to get closer and closer to the floor with your left hand.</li> <li>3. Perform 10 repetitions of this exercise.</li> <li>3. This exercise can be done 1 to 3 times a day.</li> </ol>
<b>Progressions:</b>	- Progress to single leg on toe balance.
<b>Contraindications &amp; Common Mistakes:</b>	- If you feel you are not safe standing on one leg, make sure you are close to the wall so you can regain your balance by grabbing the wall.

### EXERCISE 20: Single Leg on Toe



End

<b>Purpose:</b>	To improve balance in the leg and improve stability in the hip in the frontal plane (side to side)
<b>Starting Position:</b>	Start in a standing position, standing on one leg.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Then move onto the ball of your foot.</li> <li>2. Hold this position for 30 seconds and perform twice.</li> <li>3. This exercise can be done 1 to 3 times a day.</li> </ol>
<b>Progressions:</b>	<ul style="list-style-type: none"> <li>- You can add weights to your hands or a backpack with weight to make the exercise more challenging.</li> </ul>
<b>Contraindications &amp; Common Mistakes:</b>	<ul style="list-style-type: none"> <li>- If you feel you are not safe standing on one leg, make sure you are close to the wall so you can regain your balance by grabbing the wall.</li> <li>- Perform the exercises if there is mild discomfort but discontinue if it is disabling pain.</li> </ul>

## EXERCISE 21: Lateral Movement Walking



<b>Purpose:</b>	To improve stability and strength the frontal plane (Side to Side).
<b>Starting Position:</b>	Start in a standing position.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Move sideways in direction.</li> <li>2. Perform 10 times in each direction.</li> <li>3. This can be done 1 to 3 times a day.</li> </ol>
<b>Progressions:</b>	- Progress to lateral tubing walk.
<b>Contraindications &amp; Common Mistakes:</b>	- Focus on the muscles in your hips doing the work.

## EXERCISE 22: Lateral Tubing Walk



<b>Purpose:</b>	To improve stability and strength the frontal plane (Side to Side).
<b>Starting Position:</b>	Start in a standing position, with tubing wrapped around your feet and the hands of the tubing in your hands.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Move sideways in direction in a slow and controlled manner.</li> <li>2. Perform 10 times in each direction.</li> <li>3. This can be done 1 to 3 times a day.</li> </ol>
<b>Progressions:</b>	- Progress to monster walking.
<b>Contraindications &amp; Common Mistakes:</b>	- Focus on the muscles in your hips doing the work.

### EXERCISE 23: Monster Walking



<b>Purpose:</b>	To improve stability and strength the frontal plane (Side to Side).
<b>Starting Position:</b>	Start in a standing position, with tubing wrapped around your thighs (just above knees).
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Move in a forward direction while still taking each step at an angle.</li> <li>2. Perform 10 times in each direction.</li> <li>3. This can be done 1 to 3 times a day.</li> </ol>
<b>Progressions:</b>	- Increase the resistance of the tubing.
<b>Contraindications &amp; Common Mistakes:</b>	- Focus on the muscles in your hips doing the work.

## EXERCISE 24: Step Up



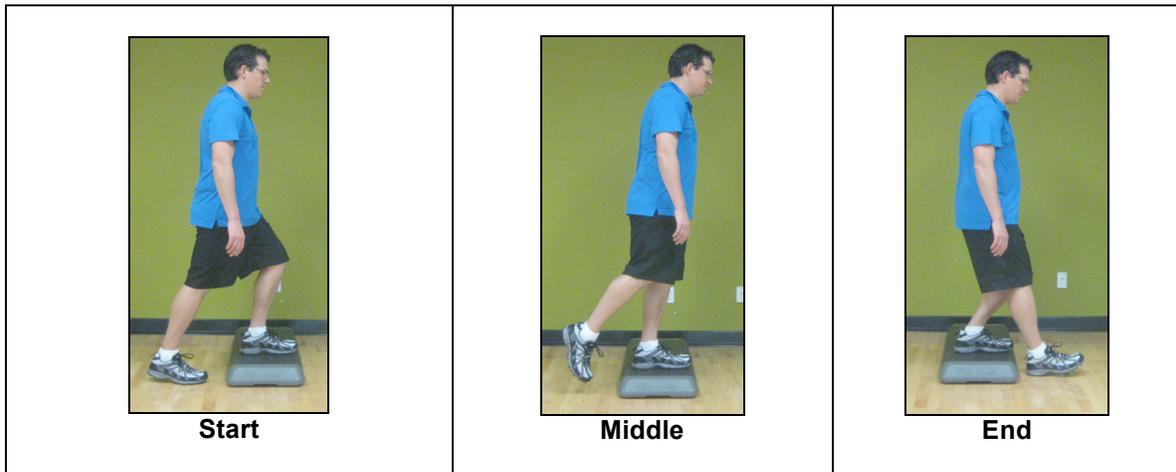
<b>Purpose:</b>	Working on strengthening the leg and hip.
<b>Starting Position:</b>	Start in a standing position with one foot on a step.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Step onto the top of the step.</li> <li>2. Then return back to the start.</li> <li>3. Perform 10 times in each direction.</li> <li>4. This can be done 1 to 3 times a day.</li> </ol>
<b>Progressions:</b>	- Progress to step downs.
<b>Contraindications &amp; Common Mistakes:</b>	<ul style="list-style-type: none"> <li>- If you feel you are not safe standing on one leg, make sure you are close to the wall so you can regain your balance by grabbing the wall.</li> <li>- Perform the exercises if there is mild discomfort but discontinue if it is disabling pain.</li> </ul>

**EXERCISE 25: Step Down**



<b>Purpose:</b>	Working on strengthening the leg and hip.
<b>Starting Position:</b>	Start in a standing position with one foot on a step.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Step off the top of the step in a controlled and slow manner.</li> <li>2. Then return back to the start.</li> <li>3. Perform 10 times in each direction.</li> <li>4. This can be done 1 to 3 times a day.</li> </ol>
<b>Progressions:</b>	- Progress to step over.
<b>Contraindications &amp; Common Mistakes:</b>	<ul style="list-style-type: none"> <li>- If you feel you are not safe standing on one leg, make sure you are close to the wall so you can regain your balance by grabbing the wall.</li> <li>- Perform the exercises if there is mild discomfort but discontinue if it is disabling pain.</li> </ul>

**EXERCISE 26: Step Over**



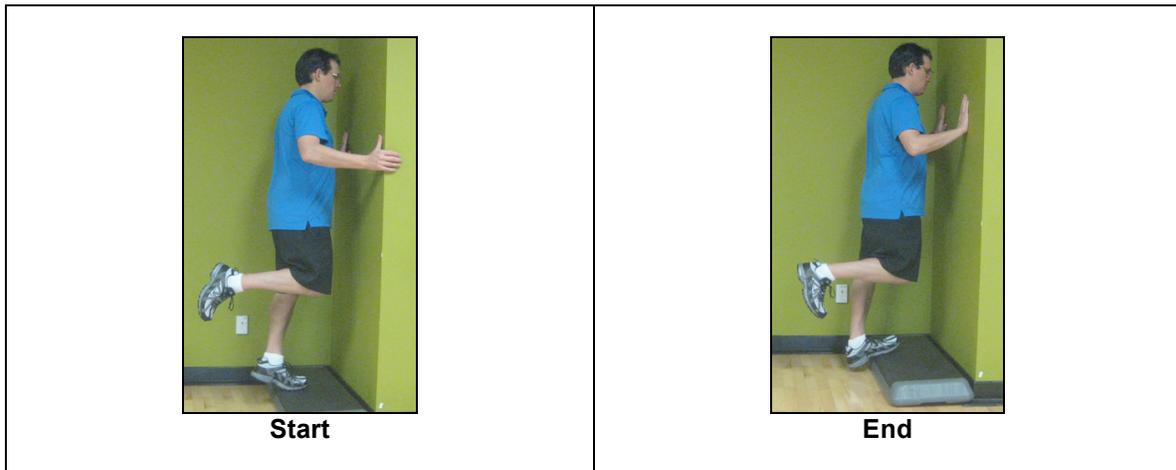
<b>Purpose:</b>	Working on strengthening the leg and hip.
<b>Starting Position:</b>	Start in a standing position with one foot on a step.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Step onto and then off the top of the step in a controlled and slow manner.</li> <li>2. Then return back to the start.</li> <li>3. Perform 10 times in each direction.</li> <li>4. This can be done 1 to 3 times a day.</li> </ol>
<b>Progressions:</b>	- You can add weights to your hands or a backpack with weight to make the exercise more challenging.
<b>Contraindications &amp; Common Mistakes:</b>	<ul style="list-style-type: none"> <li>- If you feel you are not safe standing on one leg, make sure you are close to the wall so you can regain your balance by grabbing the wall.</li> <li>- Perform the exercises if there is mild discomfort but discontinue if it is disabling pain.</li> </ul>

## EXERCISE 27: Heel Drop Both Knees Straight



<b>Purpose:</b>	To strengthen and improve the quality of the Achilles tendon. Specific exercise for Achilles Tendinosis.
<b>Starting Position:</b>	Start in a standing position with the balls of your feet on a step.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Let your heels drop down.</li> <li>2. Perform 3 sets of 15 repetitions.</li> <li>3. This exercise can be done twice a day.</li> </ol>
<b>Progressions:</b>	- Progress to Heel Drop with Leg Straight on One Leg.
<b>Contraindications &amp; Common Mistakes:</b>	- Perform the exercises if there is mild discomfort but discontinue if it is disabling pain.

### EXERCISE 28: Single Leg Heel Drop with Knee Straight



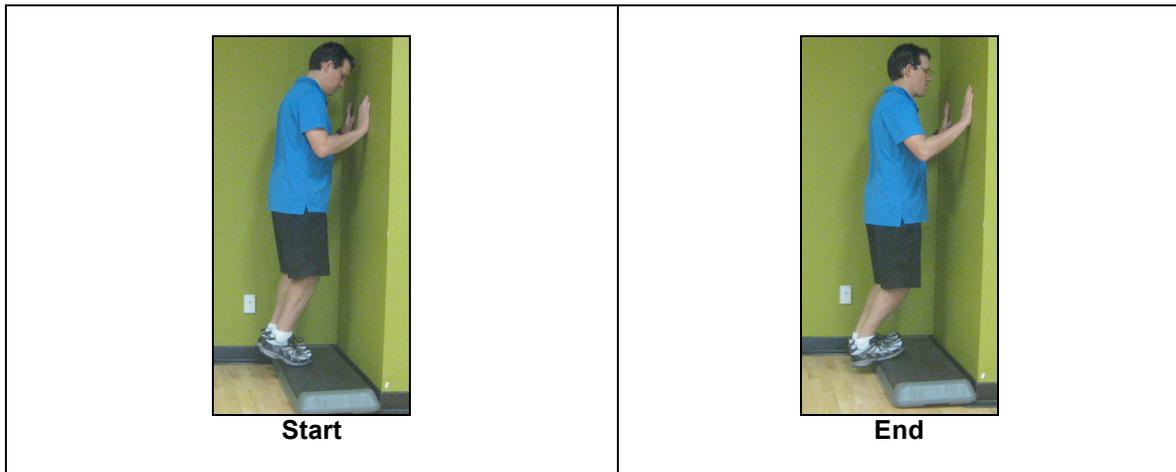
<b>Purpose:</b>	To strengthen and improve the quality of the Achilles tendon. Specific exercise for Achilles Tendinosis.
<b>Starting Position:</b>	Start in a standing position with the ball of your foot on a step.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Let your heels drop down.</li> <li>2. Use the other foot to return you to the starting position.</li> <li>3. Perform 3 sets of 15 repetitions.</li> <li>4. This exercise can be done twice a day.</li> </ol>
<b>Progressions:</b>	- Progress to Weighted Heel Drop with Leg Straight
<b>Contraindications &amp; Common Mistakes:</b>	- Perform the exercises is there is mild discomfort but discontinue if it is disabling pain.

## EXERCISE 29: Weighted Heel Drop with Knee Straight



<b>Purpose:</b>	To strengthen and improve the quality of the Achilles tendon. Specific exercise for Achilles Tendinosis.
<b>Starting Position:</b>	Start in a standing position with the ball of your foot on a step and a dumbbell in your hand or wearing a weighted backpack.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Let your heel drop down.</li> <li>2. Use the other foot to return you to the starting position.</li> <li>3. Perform 3 sets of 15 repetitions.</li> <li>4. This exercise can be done twice a day.</li> </ol>
<b>Progressions:</b>	- Increase the weight of the dumbbell or in the backpack.
<b>Contraindications &amp; Common Mistakes:</b>	- Perform the exercises is there is mild discomfort but discontinue if it is disabling pain.

### EXERCISE 30: Double Leg Heel Drop with Knees Bent



<b>Purpose:</b>	To strengthen and improve the quality of the Achilles tendon. Specific exercise for Achilles Tendinosis.
<b>Starting Position:</b>	Start in a standing position, knees bent and with the balls of your feet on a step.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Let your heels drop down.</li> <li>2. Perform 3 sets of 15 repetitions.</li> <li>3. This exercise can be done twice a day.</li> </ol>
<b>Progressions:</b>	- Progress to Heel Drop with Leg Bent on One Leg.
<b>Contraindications &amp; Common Mistakes:</b>	- Perform the exercises if there is mild discomfort but discontinue if it is disabling pain.

### EXERCISE 31: Single Leg Heel Drop with Knee Bent



<b>Purpose:</b>	To strengthen and improve the quality of the Achilles tendon. Specific exercise for Achilles Tendinosis.
<b>Starting Position:</b>	Start in a standing position, knee bent and with the ball of your foot on a step.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Let your heel drop down.</li> <li>2. Use the other foot to return you to the starting position.</li> <li>3. Perform 3 sets of 15 repetitions.</li> <li>4. This exercise can be done twice a day.</li> </ol>
<b>Progressions:</b>	- Progress to Weighted Heel Drop with Leg Bent
<b>Contraindications &amp; Common Mistakes:</b>	- Perform the exercises is there is mild discomfort but discontinue if it is disabling pain.

### EXERCISE 32: Weighted Heel Drop with Knee Bent



<b>Purpose:</b>	To strengthen and improve the quality of the Achilles tendon. Specific exercise for Achilles Tendinosis.
<b>Starting Position:</b>	Start in a standing position, knee bent and with the ball of your foot on a step and a dumbbell in your hand or wearing a weighted backpack.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Let your heel drop down.</li> <li>2. Use the other foot to return you to the starting position.</li> <li>3. Perform 3 sets of 15 repetitions.</li> <li>4. This exercise can be done twice a day.</li> </ol>
<b>Progressions:</b>	- Increase the weight of the dumbbell or in the backpack.
<b>Contraindications &amp; Common Mistakes:</b>	- Perform the exercises is there is mild discomfort but discontinue if it is disabling pain.

## About Rick Kaselj

**Rick Kaselj**, M.S. (Exercise Science), B.Sc. (Kinesiology), PK, CPT, CEP, CES



Rick Kaselj specializes in active rehabilitation and fitness. He works in one-on-one and group rehabilitation settings, educating and training people who have been injured at work, in car accidents, and during sport activities.

Rick has combined his rehabilitation experience and passion for research to develop a variety of courses and presentations for fitness professionals, Kinesiologists, and healthcare providers.

Rick has given over 260 presentations to more than 5000 fitness professionals across Canada and USA. These courses include:

- Core stability of the shoulder
- Exercise rehabilitation for the shoulder, lower back, hip, or knee
- Foam roller essentials
- Intro and advanced core stability
- Intro and advanced stability ball exercises
- Postural assessment and exercise prescription
- Injury-free running
- Save your shoulders
- Training for better golf

Rick strives to balance his work life with his personal fitness endeavours and travel. He has trained for and competed in the Manitoba Marathon, the 225 km Ironman Canada Triathlon, and the 160 km Sea2Summit Adventure Race in Whistler, BC.

He recently hiked 4,300 km along the *Pacific Crest Trail* from Mexico to Canada and

mountain biked the 5,000 km *Great Divide Mountain Bike Route* over the Rocky Mountains from Mexico to Canada. An avid traveler, Rick has toured three continents and visited 17 countries.

In 1997 he graduated with his Bachelor of Science degree in Kinesiology from Simon Fraser University. Rick recently completed his Masters of Science degree focusing on corrective exercise and therapeutic exercise for the rotator cuff. Rick currently works as a lecturer, Kinesiologist, personal trainer, and exercise rehabilitation specialist in and around Vancouver, British Columbia, Canada.

To learn more about Rick Kaselj, please visit [www.ExercisesForInjuries.com](http://www.ExercisesForInjuries.com)

## About Healing Through Movement



### *Healing Through Movement*

*Fitness • Rehabilitation • Presentations • Publications*

Healing Through Movement has been helping people reach their health, fitness, rehabilitation and sport goals since 1999.

#### **How Healing Through Movement can help you:**

**Active Rehabilitation** – This individualized program is designed to help you overcome injury by using flexibility, endurance, strength and cardiovascular exercises.

**Adaptive Fitness** – A personalized exercise program designed for youth and adults with special needs. The types of special needs may include cerebral palsy, multiple sclerosis, brain injury and/or developmental disability.

**Adventure Travel Presentations** – A full sensory experience including music, images, and storytelling on the experience and adventure of hiking the 4,300 km Pacific Crest Trail, cycling Cuba, and cycling the Rockies from Mexico to Canada.

**Corrective Exercise** – An exercise program designed to address your muscle imbalances and areas of tightness and pain.

**Endurance Training** – An individualized training program created to help you complete your desired running, cycling, duathlon, triathlon, or adventure race.

**Exercise Rehabilitation** – An exercise program designed to help you recover from your injury or medical condition in a safe and effective manner.

**Exercise Rehabilitation Courses** – Education and training for registered Kinesiologists, exercise therapists, and personal trainers on the use of exercise as a safe and effective tool to recover from back, shoulder, knee, hip, ankle, elbow and wrist injuries.

**Expedition Training** – Forming a complete plan including gear selection, route preparation, nutrition guidelines and a training program to help accomplish your hiking, biking or kayaking dream.

**Personal Training** – An exercise program to help you reach your weight loss, strength gain, and body shape improvement goals.

**Post Rehabilitation** – After you have completed physical therapy, chiropractic or massage therapy treatment, this is an exercise program designed to help you recover from your injury and return your body back to where it was before your injury.

**Pool Therapy** – Use the pool environment to decrease stress on joints and to help your body recover from injury by improving range of motion, strength, endurance and balance.

**Where can Healing Through Movement meet me:**

**In Person** – Healing Through Movement can meet you at your home, local community centre or fitness centre to help you achieve your health, fitness, training, sport, travel or rehabilitation goals.

**Phone/Online Training** – More clients are meeting with Healing Through Movement over the phone or through email to reach their health, fitness, training, sport, travel or rehabilitation goals.

**Founder of Healing Through Movement - Rick Kaselj**

**Rick Kaselj** is a Registered Kinesiologist and Personal Trainer with a passion for exercise rehabilitation. Rick designs effective exercise programs that safely and rapidly help his clients recover from an injury, medical condition, and/or musculoskeletal pain, and reach their health, rehabilitation, and sport goals. Rick presents courses on exercise rehabilitation and adventure travel across Canada and USA. To reach Rick, call (888) 291-2430 or visit [www.HealingThroughMovement.com](http://www.HealingThroughMovement.com) .



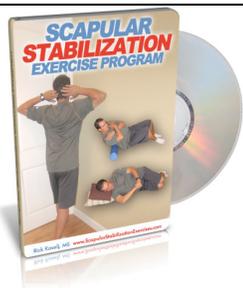
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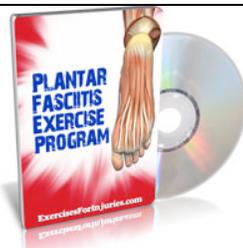
## Ready-to-Download Video Presentations from Rick Kaselj



### Scapular Stabilization Exercise Program

Shoulder injuries lead to pain, prevent people from doing the things they love and make life's simple tasks challenging. Many will learn strength exercises to help them recover from their shoulder injury, but too often these exercises will lead to slower recovery from a shoulder injury. What needs to be done before strengthening the shoulder is activating, building endurance and strengthening the scapular stabilization muscles. Adding this one step will speed up the recovery from a shoulder injury and prevent re-injury of the shoulder.

For more details visit - <http://ScapularStabilizationExercises.com/>



### Exercise and Plantar Fasciitis

The role of exercise to treat plantar fasciitis is vital in helping shorten recovery time, decrease pain, and decrease the risk of reoccurrence. Creating an action plan on what to do if symptoms return is also important for the plantar fasciitis sufferer. The focus of the plantar fasciitis and exercise webinar will be exercise program design for clients who have plantar fasciitis.

For more details visit - <http://exerciseforinjuries.com/plantar-fasciitis-exercises/>



### The Most Effective Rotator Cuff Exercise Program

After the back, the second most common injury a fitness professional will encounter is the shoulder. Most times shoulder injuries directly and indirectly involve the rotator cuff. When fitness professionals hear that their client has a rotator cuff issue, they end up focusing on strengthening. Strengthening is important for your rotator cuff clients but it is only one part of an effective rotator cuff conditioning program. The fitness professional must address all five areas of a rotator cuff conditioning program in order to fully rehabilitate the rotator cuff. If not, they will only band-aid the injury and not fully help their client overcome it. In this webinar, fitness professional will learn how to avoid common rotator cuff exercise mistakes, the 5 components of a rotator cuff conditioning program and exercises to help their client's rotator cuff injury.

For more details visit - <http://exerciseforinjuries.com/rotator-cuff-conditioning-exercises/>



### Corrective Exercises for Running Injury-Free

Running is one of the most popular recreational activities among adults but most will have to stop due to an injury. Along with a solid running program that prevents over-training, there are a number of key exercises that must be included in a recreational runner's program in order to be injury-free. In the corrective exercises for running injury-free webinar, the fitness professional will learn a comprehensive list of assessment techniques and exercises to keep their clients running injury-free.

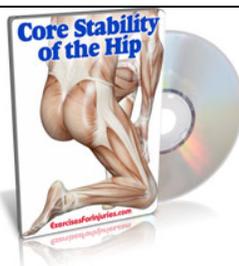
For more details visit - <http://exerciseforinjuries.com/running-corrective-exercises/>



### Exercises for Prevention, Rehabilitation & Overcoming Knee Injuries

The knee is the focus of an exercise program when it is injured but often ignored any other time. More and more research has shown that the goal of the client should determine the knee exercise program compared to the presence or absence of injury. If your client's exercise goal is prevention of knee injuries, their exercise program should differ from that of a client recovering from a knee injury. If the client has had a knee injury and would like prevent a future knee injury, here is an exercise program that focuses on overcoming knee injuries. It is important that the fitness professional know which exercises and exercise programs are best for their client depending on the goal of the client. In this exercise and knee injury webinar, fitness professionals will learn three different knee exercise programs to help their clients who want to prevent a knee injury from occurring, to rehabilitate a knee injury and overcome knee injuries by preventing them in future.

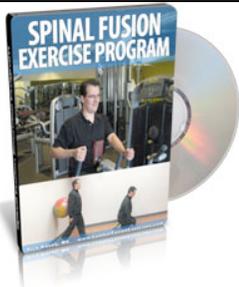
For more details visit - <http://exercisesforinjuries.com/acl-injury-exercises/>



### Core Stability of the Hip

In this video presentation, fitness professionals will learn a progressive exercise program that they can use with their personal trainer and group fitness clients to improve core stability in the hip, and prevent and recover from back, hip and knee injuries.

For more details visit - <http://exercisesforinjuries.com/hip-injury-exercises/>



### Lower Back Spinal Fusion & Exercise

In many situations, a lower back condition can lead to lower back spinal fusion surgery. It is estimated that 126,000 spinal fusion surgeries occur each year in the US and since 1996 the number of surgeries has increased 116%. The group that has had the greatest increase in lower back spinal fusion are adults over 60. Lumbar compression fractures, spinal deformities, spondylolisthesis, lumbar instability, disc herniation and degenerative disc disease are common conditions that can lead to lower back spinal fusion. A key component in the recovery from lower back spinal fusion surgery is exercise. The role of exercise after spinal fusion is important in speeding up recovery, strengthening the muscles supporting the vertebrae and improving the endurance of core stability muscles. The focus of the spinal fusion and exercise webinar will be exercise program design and exercises for a client who has had a lower back spinal fusion.

For more details visit - [http://exercisesforinjuries.com/lumbar\\_fusion\\_exercises/](http://exercisesforinjuries.com/lumbar_fusion_exercises/)

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Interested in receiving a Shoulder Injury Guide?

Visit <http://ExercisesForInjuries.com>

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## Products from Rick Kaselj

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### Muscle Imbalances Revealed

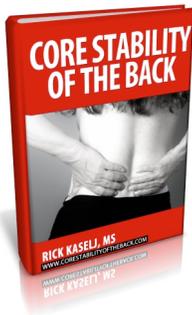


As a fitness professional we often just focus on strength, flexibility and cardiovascular techniques with our clients in order to help them reach their goals. By just focusing on these three exercise techniques you hamper your client's ability to overcome injuries, bust through fitness plateaus and stay injury-free. To get past this what you need in your toolbox is a full understanding of muscle imbalances.

Muscle Imbalances Revealed goes beyond stretching what is tight, strengthening what is weak or just performing corrective exercises. It assists the fitness professional in understanding the synergies that exist within the body and walks you through the intricacies of muscle imbalances. In Muscle Imbalances Revealed, the fitness professional will be guided by 6 experts from various professions on how to identify, address and perform the most effective exercises to address muscle imbalances and increase the speed of injury recovery, bust through fitness plateaus and prevent injuries.

For more information visit - <http://MuscleImbalanceRevealed.com>

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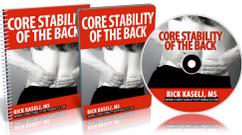


### Core Stability of the Back

The Core Stability of the Back program is for the back pain sufferer who wants to get their back onto the road of being pain-free. Core stability muscles play an important role in all activities of daily living. They enable us to perform the simplest of activities and help us maintain good posture. When ignored, core stability muscles become weak and the risk of lower back pain and instability increases. In the Core Stability of the Back program you will get an easy to follow program that you can do anywhere and will help you on your way to a pain-free back. In the Core Stability of the Back book you will learn about the key muscles of the core, how to locate these muscles in the body, how to activate them and an effective program to create a strong and stable back.

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### Core Stability of the Back - Home Program -



The complete Core Stability of the Back program is for the back pain sufferer who wants to get their back onto the road to being pain-free. Core stability muscles play an important role in all activities of daily living. They enable us to perform the simplest of activities and help us maintain good posture. When ignored, core stability muscles become weak and the risk of lower back pain and instability increases. In this home program you will get the Core Stability of the Back book plus a home DVD, audio workout and audio book. The Core Stability of the Back program provides you with an easy to follow program that you can do. In the Core Stability of the Back book you will learn about the key muscles of the core, how to locate these muscles in the body, how to activate them and an effective program to create a strong and stable back.

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### Core Stability for the Rehab Client DVDs (*Recorded Seminar*)

Core stability muscles assist in stabilizing the lower back and pelvis; when ignored they weaken, and the risk of lower back and pelvis related injuries increase. This course will cover anatomy of the core and introduce functional core exercises which focus on strengthening core muscles and stabilizing the lower back and pelvis. - \$89.00 for 3 DVD set

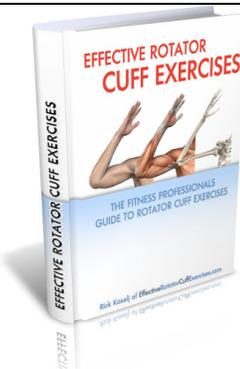
For more information visit - <http://exerciseforinjuries.com/core-stability-for-the-rehab-client/>

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### Most Effective Gluteus Maximus Exercises

A common area that people want to exercise is their gluteus. There are a number of common exercises people do but recent research has determined which gluteus exercises are the most effective. This guide will help you learn about the most common gluteus exercises and which ones are the most effective in working your gluteus maximus, hamstrings and gluteus medius.



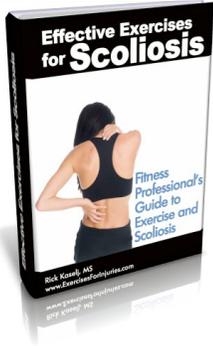
### Effective Rotator Cuff Exercises

- Fitness Professional's Guide to Rotator Cuff Exercises -

Rotator cuff injuries are the most common shoulder injuries fitness professionals will face. Exercise is recommended by physicians for people with rotator cuff injuries and therefore it is vital for the fitness professional to be educated and prepared to work with these clients. Exercise can help safely alleviate pain, decrease stiffness, increase range of motion, and improve rotator cuff strength. Gain a comprehensive understanding of rotator cuff injuries, how to design an appropriate exercise program for your clients with a rotator cuff injury and discover the most effective exercises for the rotator cuff. If you are ready to increase your confidence working with clients with rotator cuff injuries, would like to understand how to safely train clients with rotator cuff injuries and empower yourself with the best exercises to help your clients with rotator cuff injuries, then Effective Exercises Rotator Cuff Exercises is a must for you.

For more details visit - <http://effectiverotatorcuffexercises.com/>

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### The Most Effective Exercises For Scoliosis

- Fitness Professional's Guide to Exercise and Scoliosis -

Exercise is recommended by physicians for people with scoliosis. With more people with scoliosis leaning towards exercise to help improve their condition, it is vital for the fitness professional to be educated and prepared to work with these clients. Exercise can help safely alleviate pain, stiffness, de-conditioning, and muscular weakness associated with scoliosis. Gain a comprehensive understanding of scoliosis, how to design an appropriate exercise program for your clients with scoliosis and discover the most effective exercises for scoliosis. If you are ready to increase your confidence working with clients with scoliosis, would like to understand how to safely train clients with scoliosis and empower yourself with the exercises to help your clients with scoliosis, then Effective Exercises for Scoliosis is a must for you.

For more details visit - <http://effectiveexerciseforscoliosis.com/>

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**Interested in receiving over \$299 worth of  
fitness education information?**

**Visit <http://www.ExercisesForInjuries.com>**

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