

## Achilles heel-drop protocol (for midsubstance achilles tendinitis)

Number Of Exercises	Exercise Specific	Exercise progression
3*15 repetitions 2 times daily 7 days a week for 12 weeks.  Up with two legs and down with one.	Do exercise both with knees straight (fully extended) (Fig. 1) and knee bent (flexed 45 degrees) (Fig.2) over edge of step.  Lower only (heel-drop) from standing on toes (i.e. raise back onto toes using unaffected leg and arms)	Do exercises until they become pain-free Add load until exercises are painful again Progressively add load

Fig. 1 (start with two legs, prog. To single leg).



Fig. 2 (start with two legs and prog. to single)



**PLEASE NOTE:** If symptoms persist, you should ask your doctor for a referral to a physical therapist.