



Craig Brown BSc (Hons) MCSP Physiotherapist

Achilles Tendinopathy Rehab

Eccentric loading of injured Achilles: Heel raise on both legs then come down on one.

Aiming to do 100 reps every day, these don't have to be done all at once, they can be broken down into groups of 15 – 20 throughout the day.

- Week 1** Start the exercise on a flat surface and near a wall for balance
- Week 2** Progress to doing the exercise off a step so your heel is able to drop further
- Week 3** If pain free start to increase the loading by holding a 5Kg weight
- Week 4** Progress to a 10Kg weight
- Week 5** Progress to 15Kg
- Week 6** Progress to 20Kg, now the weight is getting heavier place the weights in a rucksack and have the weight on your back
- Week 7** Progress to 25Kg
- Week 8** Progress to 30Kg
- Week 9** Progress to 35Kg
- Week 10** Progress to 40Kg
- Week 11** Progress to 50Kg
- Week 12** Progress to 60Kg

If at any point you are unsure contact CB Physio for further information.

This is a guide only and may be altered by CB Physio depending on your progression.

60Kg at first appears to be a lot of weight, but because of the stress of running and jumping the Achilles and calves need to be very strong to deal with such strains to prevent them from becoming injured again.

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