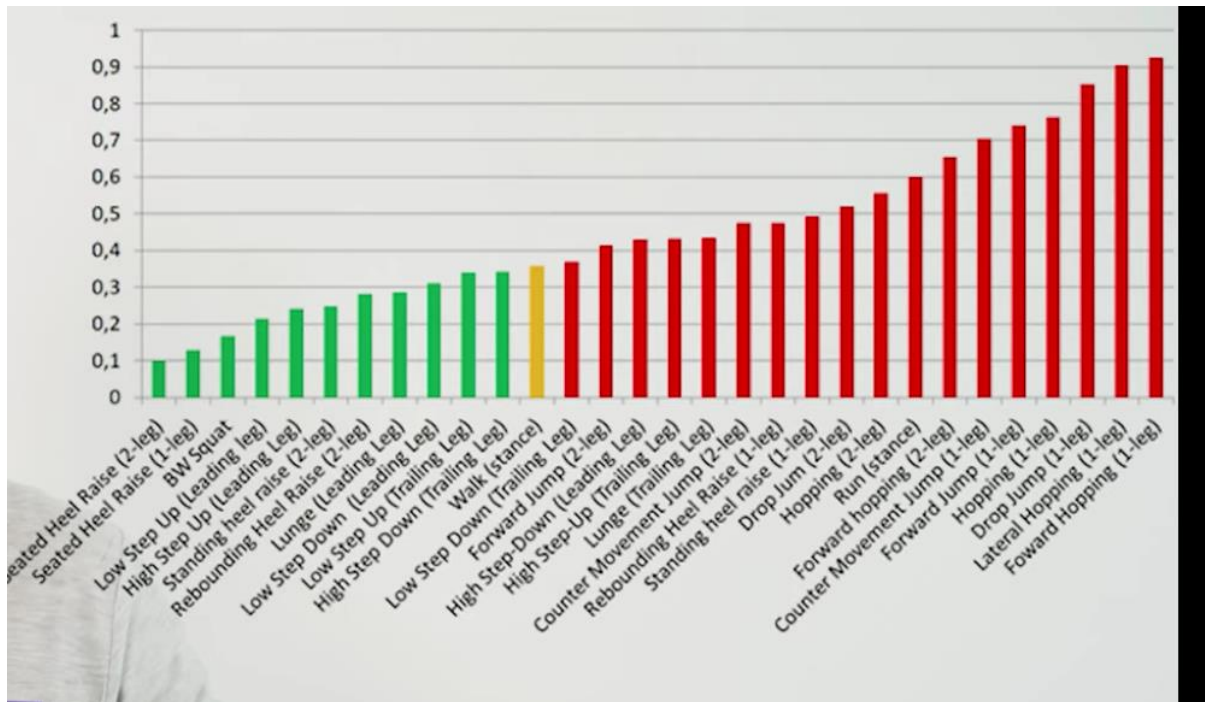


Achilles Program

If any exercises cause pain or discomfort more than a 5/10 please stop. It should be tough, but not painful.



This diagram shows all the exercises you will run through to get your Achilles to 100%. As we move from left to right, the demand on the Achilles gets harder, so we want to progressively load the tendon with harder exercises over time.



Stage 1

Daily:

[Isometric Calf Raise:](#)

Week 1 = 10 x 30 seconds over the day

Week 2 = 5 x 1 minute over the day

Week 3 = 3 x 3 minutes over the day

Once Pain in general drops to 4/10 we can move onto Stage 2.

Stage 2

Daily

- 1) [Calf Raise Iso](#) – 2 sets of maximum duration
- 1) [Mid Portion: Eccentric Calf Raise \(straight leg\)](#): 3 sets of 15 reps, twice a day.
[Insertional: Normal Calf Raise](#), less heel drop: 3 sets of 15 reps, twice a day

When you are able to do 3 x 15 bodyweight, add resistance weight, lower the reps and build up to 15 once again, and keep repeating the weight upwards.

After 1-2 weeks of this repeat 20 of each of [THESE MOVEMENTS](#). If Pain Is 3/10 or less move to Stage 3. If painful stick here for another two weeks and then retest again.

Stage 3

Daily:

- 2) [Calf Raise Iso](#) – 2 sets of maximum duration
- 3) [Single Leg Calf Raise](#) – 2 sets of 15 as before
- 4) [Calf Taps](#) – 1 set - Start with 2 minutes and build up to 5 minutes eventually.
- 5) Perform 20 Hops of each, rest 1-2 minutes and repeat 2-3 times over - [HERE](#)

Repeat for 2-4 weeks then do another test. This time Test [These movements](#) for 10 of each. If this causes a 3/10 pain or less you can move on, otherwise keep going for another two weeks.

Stage 4

Daily:

- 1) Perform 20 Hops of each, rest 1-2 minutes and repeat 2-3 times over – [Here](#)
- 2) Run 2 x per week as per your normal amount / pace – slow to begin
- 3) Perform 10 hops of each, rest 1-2 minutes and repeat once more – [Here](#)