



Achilles Tendonitis

The best way to treat Achilles tendonitis is through a method known as eccentric strengthening. Despite what you may have been taught, do not stretch this area!

Step 1:

Standing, balance yourself on both feet. Hold on to a counter or chair if necessary. Rise up with both feet so you are standing on your toes.



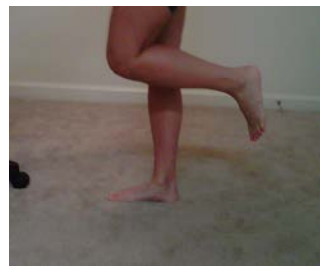
Step 2:

Now lift your _____ foot up off the ground and remain standing on the toes of your other foot.



Step 3:

Keeping your foot lifted off the ground, lower yourself down using a count of 3. Place both feet on the ground and balance yourself so you are back in the starting position. Repeat for 3 sets of 10.



- 👣 You will do this exercise every *other* day.
- 👣 Every time you do the exercise, you will increase the number of reps by 5. You will increase the number of reps until you reach 3 sets of 30.
- 👣 After you reach 3 sets of 30, you will start the sequence over at 3 sets of 10. This time you will add resistance to the exercise.