

Personal exercise program

Musculo-skeletal and Pelvic health physiotherapy services
If you wish to provide feedback of our Service please use this web link.



<https://bit.ly/36o67pT>

To contact us:
Call: 0300 555 0123
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Training start date 23/01/2025

Phase 1 - Exercise 1

Weeks 1-2

Continue with activities of daily life and exercising as long as the pain whilst doing these activities is only mild to moderate.

It may be helpful in this phase to ice the tendon for 20 min once a day. Anti inflammatory medication may also be helpful at this time (IF YOU ARE UNSURE ABOUT TAKING THIS MEDICATION PLEASE SPEAK TO A PHARMACIST OR YOUR GP).



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Exercise 1

The amount of repetitions should be guided by your pain. As long as the pain is mild-moderate and settles soon after your exercises you are fine to keep exercises (it is not harmful to your tendon). Start by doing as many reps as your symptoms will allow - with a maximum of **15 reps**. Repeat
3 times

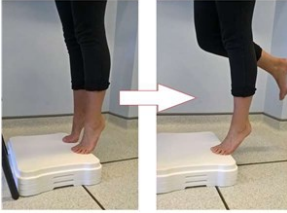
Stand on both feet shoulder width apart.

Push up on your toes and slowly lower back down.

Complete exercises once per day.

If you can complete 3 x 15 repetitions easily and with mild/moderate pain please progress onto Exercise 2.

Phase 1 - Exercise 2



Weeks 1-2

The amount of repetitions should be guided by your pain. As long as the pain is mild-moderate you are fine to keep exercises (it is not harmful to your tendon). Start by doing as many reps as your symptoms will allow - with a maximum of **10 reps**. Repeat 3 times.

Standing on two legs. Push up on your toes. Shift your weight to your affected leg, taking your good leg off the floor. Slowly lower back down to the floor.

If you can complete 3 x 10 repetitions easily and with mild/moderate pain please progress onto Exercise 3

Phase 1 - Exercise 3



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Weeks 1-2

The amount of repetitions should be guided by your pain. As long as the pain is mild-moderate you are fine to keep exercises (it is not harmful to your tendon). Start by doing as many reps as your symptoms will allow - with a maximum of **10 reps**. Repeat 3 times.

Stand on one leg.

Push up on your toes and slowly lower.



Phase 1 - Exercise 4

Weeks 1-2

The amount of repetitions should be guided by your pain. As long as the pain is mild-moderate you are fine to keep exercises (it is not harmful to your tendon). Start by doing as many reps as your symptoms will allow - with a maximum of **10 reps**. Repeat 3 times.

Seated with your feet flat on the floor and a light weight on your knees. Raise up onto your toes and slowly lower.

Complete this exercise throughout Phase 1.



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Phase 2 - Exercise 1

Weeks 2-5

Exercise 1

The amount of repetitions should be guided by your pain. As long as the pain is mild-moderate you are fine to keep exercises (it is not harmful to your tendon). Start by doing as many reps as your symptoms will allow - with a maximum of **15 reps**. Repeat 3 times.

Stand on both feet on a step with both of your heels over the edge. Let your heels drop downwards.

Push up on your toes and slowly lower back down.

Complete exercises once per day.

If you can complete 3 x 15 repetitions easily and with mild/moderate pain please progress onto Exercise 2.



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Phase 2 - Exercise 2

Weeks 2-5

The amount of repetitions should be guided by your pain. As long as the pain is mild-moderate you are fine to keep exercises (it is not harmful to your tendon). Start by doing as many reps as your symptoms will allow - with a maximum of **15 reps**. Repeat three times.

Stand on one leg on a step with your heel over the edge. Let your heel drop downwards.

Push up on your toes.

If you can complete 3 x 15 repetitions easily and with mild/moderate pain please progress onto Exercise 3.



Phase 2 - Exercise 3

Weeks 2-5

Do quick toe-raises, as if you are jumping without the toes leaving the floor. Push back up when the heel is approximately 1 cm from the floor for a maximum of 15 reps.

Repeat x 3



Phase 2 - Exercise 4

Weeks 2-5

The amount of repetitions should be guided by your pain. As long as the pain is mild-moderate you are fine to keep exercises as long as pain settles within 30 mins of completing the exercise (it is not harmful to your tendon). Start by doing as many reps as your symptoms will allow - with a maximum of **15 reps**. Repeat 3 times.

Seated with your heels over the edge of a step and a light weight on your knee. Raise up onto your toes and slowly lower.

Complete this exercise throughout Phase 2.

Phase 3

Weeks 5-12 weeks (or as long as needed)

Continue with exercises in Phase 2 but progress exercises by slowly adding weight. This can be done by wearing a back pack with bottles of water in it for standing exercises. For seated calf raises the back pack can be placed on your knees. Please only increase weight slowly.

As with previous levels let your pain levels guide you.

WE WOULD RECOMMEND THAT YOU CONTINUE WITH STAGE 3 FOR 12 WEEKS AFTER THE PAIN HAS SETTLED TO ALLOW THE TENDON TO FULLY HEAL.
