

## A PROGRAM FOR HEALING ACHILLES TENDONITIS

Please note that before beginning any exercise program, especially for addressing Achilles tendonitis or any injury, it's crucial to consult with a healthcare professional or physical therapist to ensure the exercises are appropriate for your condition. That said, here's a general exercise and stretching program that might help in the healing process of Achilles tendonitis:

### 1. Calf Stretching:

- Wall Calf Stretch: Stand facing a wall with your hands on the wall at shoulder height. Place one foot behind you with the heel on the ground and the knee straight. Lean forward, keeping your back leg straight and your heel on the ground. Hold for 30 seconds and switch sides.
- Towel Stretch: Sit on the floor with your legs stretched out. Loop a towel or resistance band around the ball of your foot and gently pull the towel towards you, feeling a stretch in your calf. Hold for 30 seconds on each foot.

### 2. Eccentric Calf Raises:

- Stand on the edge of a step with your heels hanging off. Rise onto your toes with both feet, then slowly lower your heels below the step level. Use your unaffected foot to raise back up to the starting position. Perform 3 sets of 15 reps.

### 3. Towel Scrunches:

- Sit on a chair with your feet flat on the floor. Place a towel on the ground and use your toes to scrunch the towel towards you. Repeat this motion for 2-3 minutes on each foot.

### 4. Toe Raises:

- Sit in a chair with your feet flat on the floor. Lift your toes up toward the ceiling while keeping your heels on the ground. Hold for a few seconds, then lower your toes back down. Perform 3 sets of 15 reps.

### 5. Ankle Range of Motion Exercises:

- Alphabet Exercises: Sit or lie down with your leg elevated. Move your ankle to write the alphabet in the air. This helps improve ankle mobility.

### 6. Balance Exercises:

- Single-Leg Balance: Stand on one leg for 30-60 seconds, maintaining your balance. Switch legs and repeat. You can do this while holding onto a stable surface if needed.

### 7. Rest and Ice:

- Rest is essential for healing. Ice the affected area for 15-20 minutes several times a day, especially after exercising.

Remember, start these exercises gently and gradually increase intensity or duration as your Achilles tendonitis improves. Avoid overexertion and stop any exercise if it causes increased pain or discomfort. A gradual return to activity is key to

preventing re-injury.

Additionally, consider incorporating proper footwear and avoiding activities that aggravate the condition until it heals completely. Again, consulting with a healthcare professional or physical therapist is crucial for a tailored plan based on your specific condition and needs.