

# Foot Exercises: Achilles Tendon Pain STAGE 1



## 1 Seated Calf Raise

## 2 Standing Two-Legged Calf Raise

It is OK to feel some discomfort whilst completing the following exercises, which is entirely normal to begin with, providing the pain is not significantly worse the following day. We recommend to only exercise up to around 4-5/10 if zero is no pain and 10/10 is severe pain.

# 1 Seated Calf Raise



Sitting with both feet flat on the floor.

Raise up onto your tiptoes on one or both feet, aiming to keep the weight across both the inside and outside of the ball of your foot/feet.

You can hold this at the top for anywhere between 1 and 10 seconds, depending on how comfortable this is. Lower back down and repeat between 10 and 15 times.

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1 Seated Calf Raise

2 Standing Two-Legged Calf Raise

## 2 Standing Two-Legged Calf Raise



Standing with balance support from a chair, table, wall or worktop.

Raise up onto your tiptoes on both feet, keeping the weight even across the inside and outside of your feet.

Hold for 2 seconds, and lower down.  
Aim to repeat between 10 and 15 times.

**To make this easier** – stand further away from the surface you have your hands on to make yourself less upright.

**To make this harder** – perform over the edge of a step or stair to increase the range of movement.