

Foot Exercises: Achilles Tendon Pain STAGE 2



**1 Staggered
Stance Calf Raise**

**2 Single Leg
Calf Raise**

**3 Straight Knee
Calf Stretch**

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 Staggered Stance Calf Raise



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

Place one foot ahead of the other, with your weight on the back leg (the target leg). This will help you place more load on this leg, whilst still giving you the balance and some support from the front leg. Raise up onto tiptoes on both feet, hold for 2 seconds, and lower down.

Aim to repeat between 10 and 15 times.

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1 Staggered Stance Calf Raise

2 Single Leg Calf Raise

3 Straight Knee Calf Stretch

2 Single Leg Calf Raise



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

Raise up onto the ball of your foot, keeping the weight spread across the inside & outside of your foot. Hold for 2 seconds, and lower back down.

Aim to repeat between 10 and 15 times in one go.

To make this easier – stand further away from the surface you have your hands on to make yourself less vertical, with less load through your feet and ankles.

To make this harder – you can perform over the edge of a step or stair to increase the range of movement you can work through.

3 Straight Knee Calf Stretch



Stand with your legs in a staggered stance and both hands on a wall, with your target leg behind you. Aim to keep your foot facing forwards, and heel flat on the floor.

Hold for between 10 and 30 seconds.

You can make this harder by taking your back leg further away from the wall to increase the stretch – but make sure you do not lose the foot and heel position required.