

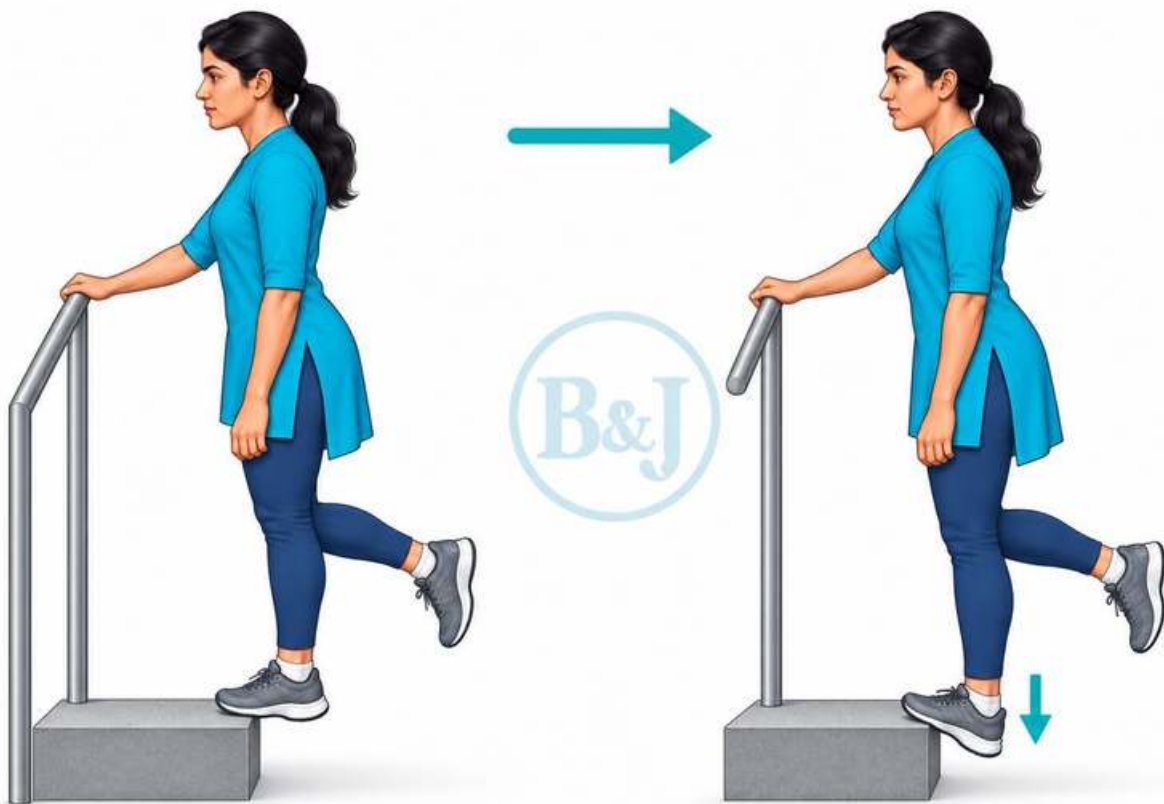
Achilles loading exercises

Achilles pain



How to use this sheet. Do the exercises slowly. Stop before the pain builds — mild discomfort is fine, sharp pain is not. A little every day beats a lot once a week.

1 Heel drop off a step — MID-PORTION pain only



Rise on both toes, then lower SLOWLY on the painful leg, letting the heel drop BELOW the step. **Only if your pain is in the middle of the tendon.**

15 times

Twice a day

✓ Should feel

A working ache in the tendon

✗ Should not feel

Pain at the heel bone — use the next exercise instead



Scan for this sheet

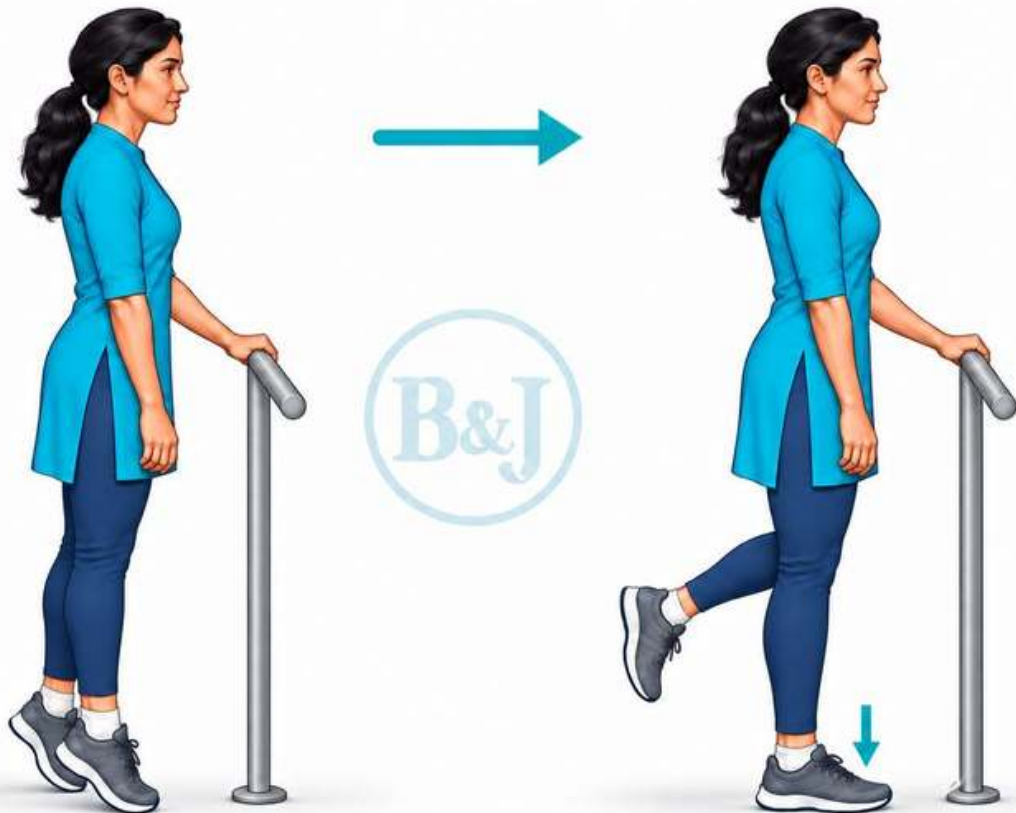
Listen to it read aloud, in English, हिंदी or मराठी — or ask for **sheet 41**

Nallasopara West 87665 22099 · 12–2 pm, 7.30–9.30 pm

Virar East 92702 84859 · 5.30–7.30 pm

Monday to Saturday · Sunday by prior appointment only

2

Floor-level heel lower — pain AT THE HEEL BONE

Stand on flat floor. Rise on both toes, then lower slowly on one leg, stopping level with the floor. **Do NOT drop below.**

15 times**Twice a day****✓ Should feel**

A working ache

✗ Should not feel

Pain increasing — you may be dropping too low

**Scan for this sheet**

Listen to it read aloud, in English, हिंदी or मराठी — or ask for **sheet 41**

Nallasopara West 87665 22099 · 12–2 pm, 7.30–9.30 pm**Virar East** 92702 84859 · 5.30–7.30 pm

Monday to Saturday · Sunday by prior appointment only

3

Calf stretch, knee bent



Gentle stretch, not into pain.

Hold 30 seconds

3 times

✓ **Should feel**

A gentle stretch

✗ **Should not feel**

Sharp tendon pain



Scan for this sheet

Listen to it read aloud, in English, हिंदी or मराठी — or ask for sheet 41

Nallasopara West 87665 22099 · 12–2 pm, 7.30–9.30 pm

Virar East 92702 84859 · 5.30–7.30 pm

Monday to Saturday · Sunday by prior appointment only



Rise onto both toes and lower under control.

15 times

Daily

✓ **Should feel**
The calf working

✗ **Should not feel**
Sharp pain

Stop and telephone us if

- A sudden snap and you cannot stand on tiptoe — go to hospital
- Redness, heat or fever
- Pain that is getting worse week on week



Scan for this sheet

Listen to it read aloud, in English, हिंदी or मराठी — or ask for sheet 41

Nallasopara West 87665 22099 · 12–2 pm, 7.30–9.30 pm

Virar East 92702 84859 · 5.30–7.30 pm

Monday to Saturday · Sunday by prior appointment only