

Achilles Tendinopathy Exercises

Modified Alfredson Protocol

Be sure to check in with your doctor to ensure that this exercise is safe and that you are performing the exercises correctly.

To perform the exercises, you must have a small step which to stand on.

- Stand on a step with the balls of your feet on the edge. Your heels should be hanging over the edge of the step.
- Hold onto something for balance.
- Keep both knees straight (Exercise 1) ; Knees bent (Exercise 2) **FIGURE 1**
- Using both feet, lift your heels up onto the balls of your feet.
- Keeping your painful leg/foot on the step, lift your non-injured foot off the step and slowly lower your heel down using your injured ankle, but not past the step.
- Return your non-injured foot to the step and repeat the exercise.

For insertional tendinopathy (at the back of the heel), repeat the exercise but extend past the step (**Figure 2**)

Sets: 3

Reps: 15

Frequency: As needed, daily or every other day



Figure 1 - Knee Straight and Knee Bent



Figure 2 - Past Parallel

References:

Alfredson H. and Cook J. A treatment algorithm for managing Achilles tendinopathy: new treatment options. *British Journal of Sports Medicine*. 2007 Apr; 41(4): 211–216.



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References:

Alfredson H. and Cook J. A treatment algorithm for managing Achilles tendinopathy: new treatment options. *British Journal of Sports Medicine*. 2007 Apr; 41(4): 211–216.