

# EXAMPLE PROGRAMME

## 3 EXERCISES PER PAGE

### ACHILLES TENDINOPATHY



#### GASTROCNEMIUS STRETCH

Pressing against a wall with your front leg bent and back leg straight, lean your body forward until you feel a stretch in the calf of your back leg. Hold.

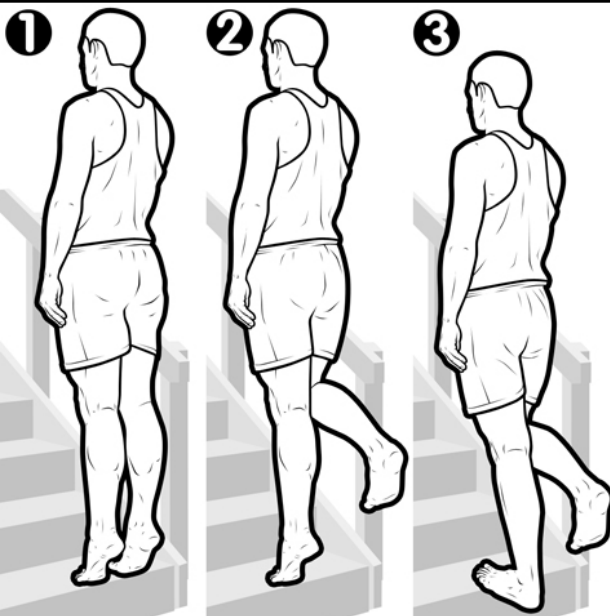
SETS & REPS: 30sec hold      FREQUENCY: 3-4 x day



#### SOLEUS STRETCH

Pressing against a wall with one foot in front of the other and your knees bent, drop your hips down towards the ground, bending your back knee further, until you feel a stretch. Keep the heel of your back leg down and feet pointing forwards. Hold.

SETS & REPS: 30sec hold      FREQUENCY: 3-4 x day



#### SINGLE-LEG ECCENTRIC CALF RAISE

With the balls of your feet on the edge of a step, rise up onto your toes (1). Remove your unaffected leg and take all your weight on your affected leg (2). Slowly lower your heel down beyond the level of the step (3). Using both legs, return to the start position (1). Repeat.

SETS & REPS: 3 x 15

FREQUENCY: 2 x day