

ACHILLES TENDINOPATHY

01. Using the edge of a step/stair, place the front of your foot on the step so that the back of your foot is hanging past the edge of the step.
02. Lift your opposite foot off the stair so that you are balancing on the working leg. Use a handrail or other support to help with balance.
03. Using your foot that is in contact with the step, slowly lift your heel and rise onto your tiptoes, then slowly lower back down, making sure your heel drops below the level of the step.
04. Repeat twice per session, 3 sessions a day on each side.

