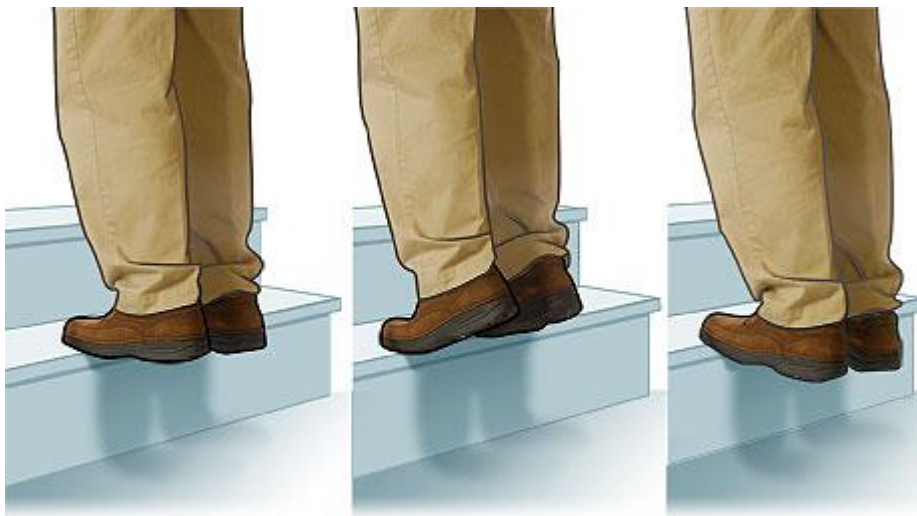


Strength Exercise for Achilles Tendon Injuries



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This exercise will get you started on building strength after an Achilles tendon injury.

Stand on a step with your heel off the edge of the step. Hold on to a handrail or wall for balance.

1. Push up on your toes, then slowly count to 10 as you lower yourself back down until your heel is below the step. If it hurts to push up on your toes, try putting most of your weight on your other foot as you push up, or try using your arms to help you. If you can't do this exercise without causing pain, stop the exercise and talk to your doctor.
2. Repeat the exercise 8 to 12 times, half with the knee straight and half with the knee bent.