

Clinician Notes

This is a standard protocol you can do while at home before arranging a meeting with CRW AT. Do not hesitate to contact crwathletictraining.ecu.edu for an evaluation and rehab protocol specific for your injury

STEP 1



STEP 2



Long Sitting Ankle Pumps

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

You can only do this on the injured side. The purpose of this exercise is to warm up the tissues

Setup

Begin sitting in an upright position on the floor with your legs straight.

Movement

Slowly pump your ankles by bending your feet backward and forward.

Tip

Try to keep the rest your legs relaxed while you move your ankles.

STEP 1



STEP 2



Seated Heel Raise

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

You can add extra weight on top of knees for more resistance (bookbag with books inside, dumb bell)

Setup

Begin by sitting upright in a chair with your feet positioned shoulder width apart.

Movement

Slowly raise both heels off the ground at the same time, then lower them down to the floor.

Tip

Make sure to keep the balls of your feet in contact with the floor.

STEP 1



STEP 2



Standing Eccentric Heel Raise

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Come down slowly... it should take 5 seconds for you to come down

Setup

Begin in a standing upright position, holding onto a chair for support, with both feet on the ground.

Movement

Raise up onto your toes. Lift one leg off the floor, then slowly lower your heel to the floor. Repeat this motion.

Tip

Make sure that the single leg lowering movement is performed slowly. Try not to let your knee bend as you lower your heel.

STEP 1



STEP 2



Standing Eccentric Calf Raise with Bent Knee

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Come down slowly... it should take 5 seconds for you to come down

Setup

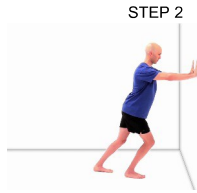
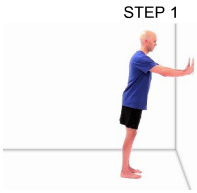
Begin in a standing upright position, holding onto a stable object for support, with both feet on the ground.

Movement

Bend your knees, lift your heels off the ground, then lift one leg off the ground and lower your other foot back to the ground. Repeat this motion.

Tip

Keep your back straight and knees bent throughout the exercise. Try move as slowly as you can when you lower your heel to the ground.



Soleus Stretch on Wall

REPS: 1 | SETS: 1 | HOLD: 1 MIN | DAILY: 3 | WEEKLY: 7

Setup

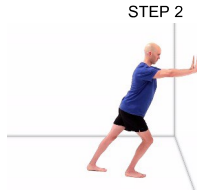
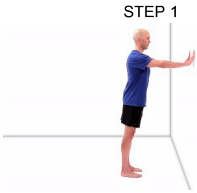
Begin in a standing upright position in front of a wall.

Movement

Place your hands on the wall and extend one leg backward with your knee bent. Lean forward into the wall, until you feel a stretch in your lower calf and hold.

Tip

Make sure to keep your heels on the ground and back knee bent during the stretch.



Gastroc Stretch on Wall

REPS: 1 | SETS: 1 | HOLD: 1 MIN | DAILY: 3 | WEEKLY: 7

Setup

Setup Directions

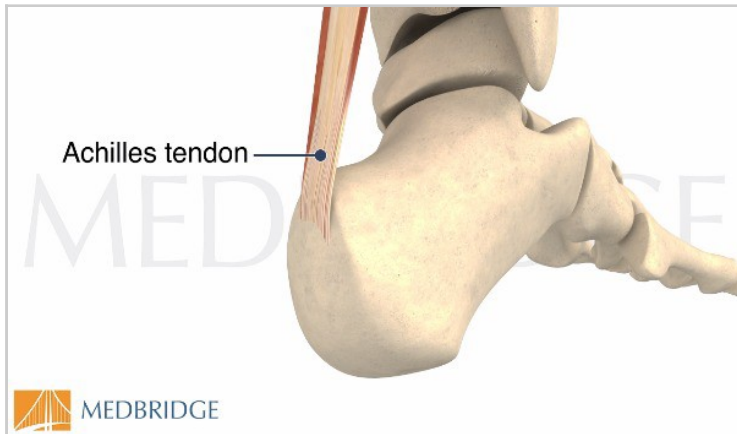
Movement

Begin in a standing upright position in front of a wall.

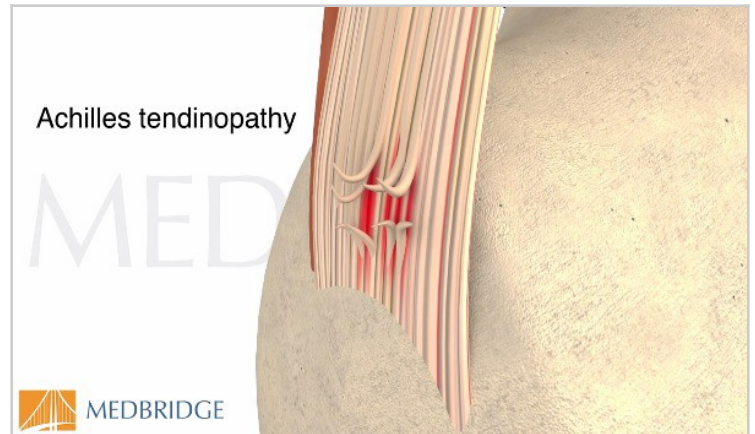
Tip

Place your hands on the wall and extend one leg straight backward, bending your front leg, until you feel a stretch in the calf of your back leg and hold.

Achilles Tendinopathy



Back Right Foot: Tendons



Affected Achilles Tendon

Achilles tendinopathy is a condition that causes pain, swelling, stiffness, and irritation of the Achilles tendon, the strong band which joins your calf muscles to your heel on the back of your lower leg. If this tendon is inflamed, walking may become painful and difficult.

The achilles tendon may be injured gradually due to overuse or by a sudden injury. Damage to the tendon occurring in the form of small tears is commonly known as achilles tendinopathy.

Symptoms of achilles tendinopathy include pain and irritation. The tendon may become tender to the touch, and may be thickened and swollen as well.

Therapy can help you relieve the pain of achilles tendinopathy and help restore your strength and range of motion. You may be asked to avoid activities that stress the tendon such as running or climbing stairs. You will be given a home program that includes stretching and strengthening exercises, and learn how to correct your daily movements to help with healing.