

Achilles Heel-Drop Protocol (For Insertional Achilles Tendinopathy)

Number of Exercises	Exercise Directions	Exercise Progression
<ul style="list-style-type: none">▪ 3 sets x 15 repetitions▪ 2 times daily▪ 7 days/week for 12 weeks	<ul style="list-style-type: none">▪ Stand with feet shoulder width apart, hands against the wall▪ Keep knees straight▪ Raise up onto tip-toes using the unaffected leg and arms. "Up with both legs." (Fig 1)▪ Lower / heel-drop only with the power of the affected leg. (Fig 2)	<ul style="list-style-type: none">▪ Do exercises until they become pain-free▪ Add load until exercises are painful again (use a backpack to increase weight)▪ Progressively add load



Fig. 1



Fig. 2