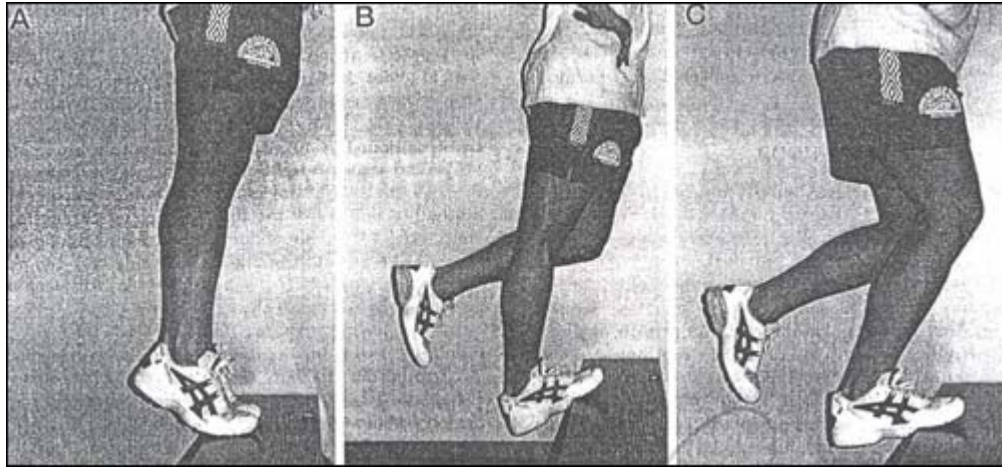


NEWTON WELLESLEY ORTHOPEDIC ASSOCIATES, INC.

REHABILITATION EXERCISES FOR CHRONIC ACHILLES TENDINITIS



- A. Stand on the edge of a step with your body weight on the front of both feet. Use both legs to rise up on your toes.
- B. From the toe-rise position, with the knee straight, lower the heel of the injured side *below* the level of the step. Use the uninjured leg to rise back to the starting position in Figure A. Work up to 3 sets of 15 repetitions.
- C. Lower the heel of the injured side below the level of the step with the knee slightly bent. Work up to 3 sets of 15 repetitions.
- D. When you can perform the above exercises with minimal discomfort, increase the workload by adding a backpack with weights. You may increase the weight in the backpack in increments as tolerated.

