Following assessment you have been diagnosed with mid-tendon Achilles tendinopathy. Research has shown the following exercise programme to be effective in up to 90% of people.

Knee straight - gastrocnemius drop

- Standing on edge of step, raise onto toes using the uninjured leg and hands on banister or rail (A)
- Transfer to single leg, standing on injured leg, and SLOWLY control the weight down so the heel is lowered over the edge of the step (B)
- Transfer weight back onto uninjured leg to lift back up onto toes (A)

Knee bent - soleus drop

- Standing on edge of step, hands on banister or rail, raise onto toes using the uninjured leg and hands to help in the pushing up phase (A)
- Transfer to single leg, standing on injured leg bending the knee to 45°, and SLOWLY control the weight down so the heel is lowered over the edge of the step maintaining a bent knee (C)
- Transfer weight back onto uninjured leg to lift back up onto toes (A)

Performing the Programme

- Do 3 sets of 15 repetitions, of each exercise, twice a day, 7 days a week for 12 weeks
- The heel drops can/should be performed into moderate pain (no more than 5/10). Pain must subside to normal level by the following morning and no increase in pain is allowed on a week to week basis
- You might not be able to do the full program within this pain threshold when you first start, that is okay try 3 sets of 3 to 5 repetitions or whatever you can manage, and build up to the full program by adding numbers of repetitions.
- When you can do the full program with no, or minimal, pain during exercise - increase loading using back pack or dumbbells (5kg increments).