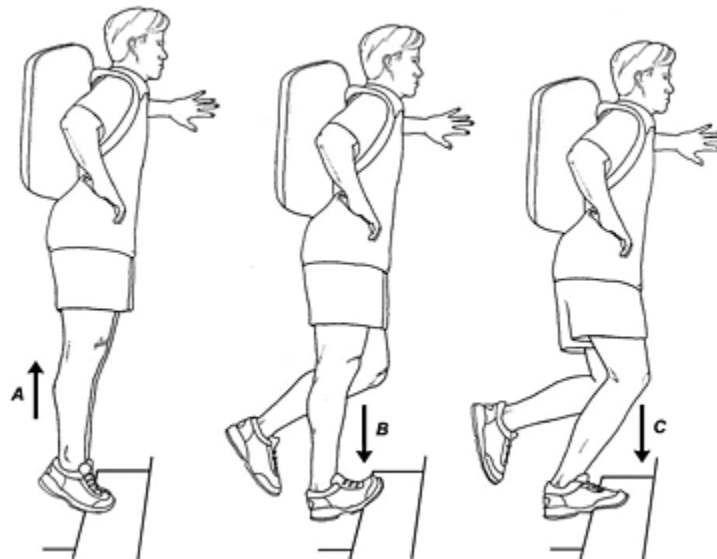


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Eccentric Protocol for Achilles Tendinopathy: **“Heel Drop Exercises”**



“Up with two legs, down with one”

Instructions: Perform 3 sets of 15 heel drops 2-3 times per day, every day for 12 weeks

1. Stand on a stair with just your toes supported. Use the railing or wall for support
2. Go up on your tip toes using your good leg
3. Transfer the weight from your good leg to the side that has pain
4. With your knee straight slowly drop your heel as far it goes
 - a. Modification: if the pain at near the insertion of the Achilles tendon, stop at neutral
5. Then bend your knee for a little extra stretch
6. Use the good leg to push yourself back into the starting position on your tip toes

Progression: Do exercises until they become pain-free. Then add load (ie. to a backpack) until the exercises are painful again. Continue to progressively add load as your pain improves.

We are committed to helping you recover from injury. If you have any further questions, please feel free to contact the office at 617-667-3940