

# ACHILLES INJURY PROTOCOL

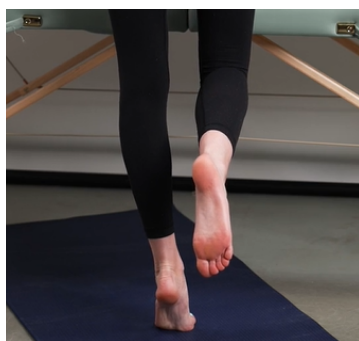
For instructional videos of this protocol, visit [sportsrehab.ucsf.edu](https://sportsrehab.ucsf.edu)



## Double Leg Calf Raises

Start in a standing position with feet hip-width distance apart. Slowly rise up onto your toes. Pause and slowly lower back down into the starting position.

Frequency: 2 - 3 x 10 repetitions



## Single Leg Calf Raises

Start in a standing position with feet hip-width distance apart. On one leg, slowly rise up onto your toes. Pause and slowly lower back down into the starting position.

Frequency: 2 - 3 x 10 repetitions



## Single Leg Calf Eccentrics

Start in a standing position with feet hip-width distance apart on a step. Slowly rise up on to your toes. Pause. On a 5-count, slowly lower back down on one leg, letting your heel drop past the step.

Frequency: 2 - 3 x 10 repetitions



**UCSF Orthopaedic Institute**

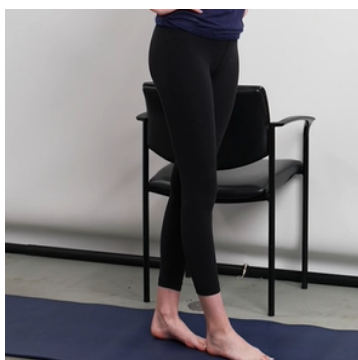
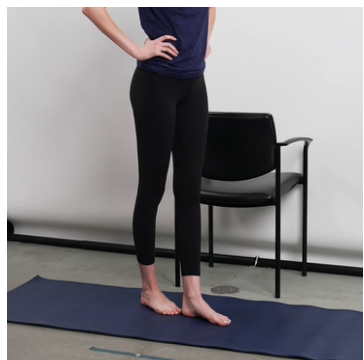
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Sports Medicine

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## Tandem Balance

Begin in a standing upright position. For extra support, hold on to a stable object. Place one foot directly in front of the other so you are standing heel-to-toe. Hold this position. Switch feet and repeat.

Frequency: 2 - 3 x 20 seconds



## Single Leg Balance

Begin in a standing upright position. For extra support, hold on to a stable object. Lift one foot off the floor and hold, maintaining your balance. Extra credit: place a balance pad or pillow under your foot.

Frequency: 2 - 3 x 20 seconds