

3 STEPS TO BECOMING ACHILLES TENDON PAIN FREE

THE INSIDER SECRETS OF ACHILLES TENDON REHAB

Border
PODIATRY
Centre



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INTRODUCTION

Hi, my name is Luke Hillas and welcome to "The inside secrets to fixing your Achilles pain for good".

You're about to discover the insider secrets of how to permanently be Achilles tendon pain free.

We've created this Free guide for you to give you the answers to these important questions and challenges every Achilles tendon pain sufferer faces:

- Why stretching does not work
- Why you need to know the type of Achilles pain you are suffering from
- Step by step rehab instructions

So, if you're serious about wanting to be Achilles pain free, make sure to keep reading. It may just be the solution you are looking for.

Enjoy!

Luke

Disclaimer:

The information in this material is for educational purposes only and is not to be interpreted as a recommended treatment plan or course of action. Any exercise is not without risk. The advice and exercises presented in this material are no way intended for a professional consultation.

WHY STRETCHING DOES NOT WORK – PERIOD!



Yep, it's true. Stretching your muscles, particularly the calf muscles, not only can make your Achilles tendon pain worse, it can also delay healing, stopping you getting back to the things you love.

Static stretching is not stretching a muscle in accordance with its true functionality. Muscles need to lengthen then shorten, lengthen then shorten. To hold a stretch deprives it of its shortening capabilities because it is always lengthened, it's always in its end range. From there it fatigues quickly then is unable to effectively contract or shorten.

The sensation you feel at the end of a static stretch, that tight pulling sensation, is your body's way of defending itself from going too far or lengthening to the extreme. Too late, it's already there. The funny thing is, you may be stretching a muscle which is already long and needs to be shortened.

Stretching simply does not work!

WHY YOU NEED TO KNOW THE TYPE OF ACHILLES PAIN YOU ARE SUFFERING FROM!

It is important to understand that there are 2 major types of Achilles tendon pain, simply because the type of rehab you need is dependent on the type of pain you are suffering. Keep in the back of your mind that performing the wrong rehab for the wrong type of pain can actually make the pain and recovery a lot worse.

1. Mid-Portion Achilles tendon pain
 - This is the more common form.
 - This affects the tendon about 2.5-3cm above the insertion on the heel.
 - Generally caused by a sudden increase/change in load on the tendon.
2. Insertional:
 - This is less common but can be more painful.
 - This is felt on the back of the heel bone itself, where the Achilles tendon attaches.
 - Generally caused by a squashing of the tendon against the heel bone as the foot flexes upwards

Insertional Tendinopathy is much harder to relieve the symptoms of and the underlying causes of both also need to be addressed.

Management of Achilles tendon pain is about three things. The first is pain management, second is load management, and the third is treating the underlying cause/s. It is important to understand that generally the Achilles tendon will only begin to hurt when there are excessive demands placed on it (running is a classic example of this). This is why the Achilles tendon doesn't hurt when you rest – but that is also not the solution!

STEP BY STEP REHAB INSTRUCTIONS!



STEP 1: ISOMETRIC CALF HOLDS

Start by standing tall, with your feet shoulder width apart and knees straight.

Next, rise up onto your toes and try to balance your bodyweight on the balls of your feet. If you have any balance issues here, then feel free to grab a chair or a wall if necessary.

Hold the position as indicated below (depending on pain levels) then lower your heels to starting position.

Remember these are not your typical calf raises, so hold the pose for as long as you can with good form. Feel the burn, welcome it, and hold it for longer as you get stronger and fitter and the Achilles tendon starts to repair itself.

- 10 x 30 seconds hold
- 05 x 60 seconds hold
- 03 x 02 minutes hold

- 02 x 03 minutes hold
- 01 x 05 minutes hold
 - Fifteen seconds between each rep
 - Ideally repeat this 4-5 times per day
 - Highly reactive and cranky tendons can be done up to every hour
 - Ideally done one legged, however if painful, perform two legged

STEP 2 - ISOTONIC CALF RAISES

Stand tall with your abdominals pulled in, the balls of your feet firmly planted on a step, and your heels hanging over the edge.

Rest your hands against a wall or a sturdy object for balance.

Raise your heels a few inches above the edge of the step so that you're on your tiptoes.

Hold the position for a moment, and then lower your heels below the platform, feeling a stretch in your calf muscles.

- 3 x 8 calf raises
 - Each rep should take roughly 10 seconds
 - To be done with weight
 - Start with ~10-15% bodyweight
 - Building up slowly to ~50% bodyweight over time
 - Gym membership or access to a squat machine and/or seated leg press machine is ideal
 - Helps with maintaining form or technique
 - Any form of weight can be used though (kids on your shoulders 😊)

STEP 3 - ACHILLES PLYOMETRIC EXERCISES

Plyometrics, also known as jump training or plyos, are exercises in which muscles exert maximum force in short intervals of time, with the goal of increasing power (speed-strength)

- Double leg jumps
 - 3 x 60 jumps (straight up)
 - 3 x 30 stiff knee jumps (minimal knee bend)
 - 3 x 10 forward / back jumps (10 of each)
 - 3 x 10 side to side jumps (10 of each)
- Single leg hops
 - 3 x 60 hops
 - 3 x 30 stiff knee hops
 - 3 x 30 forward / backward hops
 - 3 x 10 side to side hops
 - 3 x 5 zig zag hops (/ \ / \ /)

** All of these to be done on both legs, even if there isn't any injury on one side. **

- Next level again
 - 3 x 10 box jumps (one leg)
 - 3 x 10 hops @ max height
 - 3 x 10 hops @ max length

NB Each person will be able to progress through these at different rates

Add 1-2 activities per week depending on tolerance and pain levels

**** EXERCISES SHOULD BE DONE 2-3 TIMES PER WEEK
IDEALLY ****

**** ALWAYS HAVE REST DAY INBETWEEN, TENDONS
REQUIRES 24-36 HRS TO RECOVER ****

So there you have it - " **Steps to becoming heel pain free - the insider secrets of Achilles tendon Rehab** ".

This free guide really delivers the goods when it comes to answering important questions and challenges every Achilles tendon pain sufferer faces.

BUT, as you can also see, this is just the TIP of the iceberg when it comes to how to be Achilles tendon pain free!

So, if you're *serious* about wanting to get Achilles pain free and you want Get back to the life you love **FAST**, then you need to check out "Achilles Tendon Pain Assessment" right now - [Click here](#) or call 60245577 to book your appointment.
Have a great day!

Luke

