

Achilles Tendon Injuries: Rehabilitation Program

Returning to Sport

This should be done under the initial supervision of your physiotherapist.

Warm up and calf & hamstrings stretches

Calf strengthening exercises

If any of these make your symptoms worse within 12 hours of performing them, then go back 1 step.

WEEK	DAYS	EXERCISES	Drop Speed
1	1-3	Weight bearing Both legs	Drop Speed
	4,5		Slow
	6,7		Moderate
2	1-3	Both legs but with more on affected leg	Slow
	4,5		Moderate
	6,7		Fast
3	1-3	Affected leg only	Slow
	4,5		Moderate
	6,7		Fast
4	1-3	Affected leg - add 10% of body weight	Slow
	4,5		Moderate
	6,7		Fast
5	1-3	Affected leg – add further 2-4 kg	Slow
	4,5		Moderate
	6,7		Fast
6	1-3	Affected leg – add further 2-4 kg	Slow
	4,5		Moderate
	6,7		Fast
	6,7		Fast

Then you can start to jog!

A sample programme is given below.

You should also continue the final phase of the calf muscle strengthening programme.

Remember:

If you experience pain during the walk/jog/run, then STOP.

If you experience soreness around the tendon within 24 hours of your jog or run, then you are doing too much. If this happens then go back a step in the jogging programme. JOG means less than 60% of normal running pace.

Warm up & stretch first. Stationary cycling is a good method of warm up.

All of these runs should preferably be done on a cushioned surface – grass or a treadmill. The advantage of a treadmill is that it is easy to stop if you are having problems and you don't have to limp home!

Return to running:

WEEK	DAY	SPEED	WEEK	DAY	SPEED
7	1	Walk 4 minutes, jog 2 minutes. Repeat 4 times	10	2	Jog 16 minutes
	3	Walk 4 minutes, jog 2 minutes. Repeat 4 times		4	Jog 16 minutes
	5	Walk 4 minutes, jog 4 minutes. Repeat 3 times		6	Jog 20 minutes
	7	Walk 4 minutes, jog 4 minutes. Repeat 3 times	11	1	Jog 20 minutes
8	2	Walk 2 minutes, jog 6 minutes. Repeat 3 times		3	Jog 20 minutes
	4	Walk 2 minutes, jog 6 minutes. Repeat 3 times		5	Jog 24 minutes
	6	Walk 2 minutes, jog 8 minutes. Repeat 3 times		7	Jog 24 minutes
9	1	Walk 2 minutes, jog 8 minutes. Repeat 3 times	12	<p>From here on, gradually increase your pace and increase your mileage by a MAXIMUM of 10% per week.</p> <p>ALWAYS remember to warm down and stretch.</p>	
	3	Walk 2 minutes, jog 10 minutes. Repeat twice			
	5	Walk 2 minutes, jog 10 minutes. Repeat twice			
	7	Jog 16 minutes			