

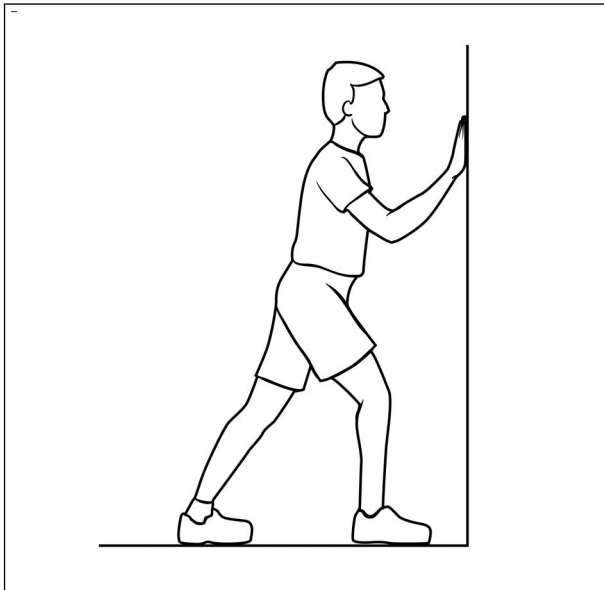
Exercise Program for: _____

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HOME EXERCISE PROGRAM FOR ACHILLES TENDON RUPTURE

Begin gentle movement of the ankle, such as by using a stationary bicycle, on day 7 after the injury. Add the heel cord stretch on day 14 after the injury. Before stretching, warm up the tissues by applying moist heat or riding a stationary bicycle for 10 minutes. To prevent inflammation, apply a bag of crushed ice or frozen peas to the heel for 20 minutes after exercising. You should not experience pain with the exercises. If you are unable to perform the exercise because of pain or stiffness or if your symptoms do not improve in 3 to 4 weeks, call your doctor.

Exercise	Muscle Group	Number of Repetitions/Sets	Number of Days per Week	Number of Weeks
Heel cord stretch	Gastrocnemius-soleus complex	4 repetitions/2 or 3 sets	Daily	3 to 4



HEEL CORD STRETCH

Stand facing a wall with the knee of the unaffected limb bent for support, the affected limb straight, and the toes pointed in slightly. Keeping the heels of both feet flat on the floor, lower your hips toward the wall. Hold the stretch for 30 seconds and then relax for 30 seconds. Repeat 4 times. Perform this exercise 2 or 3 times a day, 6 or 7 days a week.