Achilles Tendonosis

Stretch –against wall or from stair

* gastroc –straight leg
* soleus-bent knee
* deep toe flexors—toes on wall
* hamstring (back of leg) and glutes (butt) as they are related via the posterior kinetic chain.
* Strassbourg sock or boot at night—please do this

Strengthen

* eccentrics- up on two down on one slowly...every day for 2 weeks from wall then move to do it from a stair
  + 3 X 15 straight leg
  + 3 X 15 bent knee
  + once it gets easy wear a backpack with weight
* 30 calf raises-while brushing teeth
* glutes/hamstrings—see glute sheet or running prehab section of website

If it is your shoe irritating the heel, get a donut to cushion it

Cold hot cold or hot cold hot 5/5/5

Get over the counter insert Fosters/Iannones eg superfeet, powerstep, new balance and/or a heel cushion (gel) or lift

Strassbourg sock or boot at night