

Phase 1 - Strengthening

Do 10 repetitions of each exercise, 3 times per day.

Straight leg raise

Lie on your back. Straighten one leg. Pull your toes towards you and lift the leg a few inches from the floor. Hold for 5-10 seconds.



Side-lying abduction

Lie on your side with the bottom leg bent for stability. Keeping the top leg straight, lift it up towards the ceiling and back down again.



Hamstring curls

Lie on your tummy. Bend one leg to take the heel to your bottom. Return to the neutral position.

Foot intrinsics

Inside your boot, practice:

- 1) spreading your toes apart
- 2) curling your toes - you could put a towel underneath your foot to help you with this action



Phase 1 - Core Exercises



This exercise is the basis for all the core exercises. Repeat each movement 10-15 times.

Transversus abdominus (TrA)

Lie on your back with your knees bent. Rock your pelvis back and forth to flatten your back against the floor and then arch your back to create space between your back and the floor (keeping your bottom on the floor). Find the mid point between these two movements. This is your “neutral spine” and should be the start position of your back for all core exercises. Place your fingertips on your hip bones at the front and move them down and in 1 inch. Take a normal breath in and on the breath out contract your lower tummy. It is important that you do not hold your breath or brace yourself. Hold the contraction for 5 seconds, continuing to breathe in and out.

Hip twist

Start in the neutral spine (as above). Breathe in to prepare. Breathe out as you take one knee out to the side. Breathe in as you return to rest position. Aim to keep your back in the neutral position and do not allow your hip to drop as you move the leg. Maintain contraction of the TrA muscle.



Heel slides

Start in the neutral spine position. Breathe in to prepare. Breathe out as you slide one heel away from the body. Breathe in and return the leg to the start position. Alternate the legs. Add in reciprocal arm movements to progress. Continue to contract the TrA muscles during the movement.

Scissors

Start in the neutral spine position. Breathe in to prepare. Breathe out as you lift one leg, keeping the knee and the hip bent to 90°. Alternate the legs, whilst contracting the TrA.



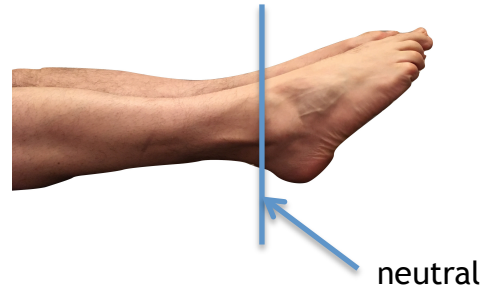
Clam

Lie on your side with your top leg on top of the bottom leg. Your knees should be flexed to 90°, hips 45°. Breathe out as you open your knees. Breathe in to lower back down. Your spine should remain in the neutral spine position and the movement restricted to the lower half of your body only.

Phase 2 - Range of Movement

Ankle plantarflexion

This can be done in a sitting or lying position. Point your toes as far as they can go. Then bring your toes back up towards you **ONLY TO NEUTRAL** - ensure you check if you are unsure what this means.



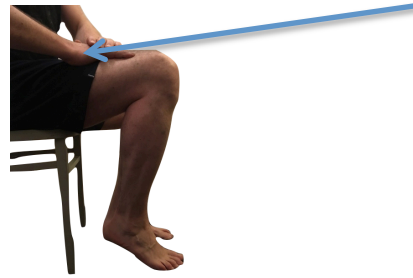
Ankle inversion/eversion

This can be done in a sitting or lying position. Maintain the foot in neutral (or pointed) and turn the toes inwards and outwards. **IMPORTANT:** Ensure you do not bring the toes above the neutral position (see above).

Phase 2 - Strengthening

Seated heel raise

In a sitting position, lift your heel off the ground whilst pushing the toes into the ground gently.



Do NOT put any weight through your leg as you do this exercise

Plantarflexion against resistance

Use resistance band around the ball of your foot and push your toes down against it.

Check the resistance strength you should be using with your Physio



Single leg stand

Practise standing on one leg. **STILL WEARING BOOT.** Please hold onto the kitchen worktop (or similar) for stability. You should not try to perform this exercise without support. Aim 10 seconds.

Phase 3 Range of movement and Stretches



Plantarflexion

You should now begin to take your ankle through the full range of movement



Dorsiflexion



Inversion



Eversion

Stretches should be held for at least one minute. Repeat at least once a day.

Gastrocnemius Stretch

Take a step forwards. Bend your front knee and keep the back leg straight. Keep your toes pointing forwards. Lean your weight forwards until you feel a stretch in the back calf.



Soleus stretch

Take a step forwards. Bend your front knee and your back knee. Keep your toes pointing forwards. Lean your weight forwards until you feel a stretch in the back calf.



Phase 3 Strengthening and Proprioception



Add resistance of approx. 25-50% bodyweight through one leg at a time



Resisted Dorsiflexion

Attach your resistance band to a table leg or other sturdy object. Put the resistance band at the level of the ball of the foot (as shown). Take up the slack so that your foot muscles are working against the resistance and pull your toes towards you.



Resisted inversion

- 1) Push the INNER side of your foot against the wall. Repeat 10 times.
- 2) Use a tennis ball and a wall. Standing (or sitting) around 20cm away from the wall continue to kick the ball into the wall using the INNER side of your foot. Repeat 10 times.



Resisted eversion

- 1) Push the OUTER side of your foot against the wall. Repeat 10 times.
- 2) Use a tennis ball and a wall. Standing (or sitting) around 20cm away from the wall continue to kick the ball into the wall using the OUTER side of your foot. Repeat 10 times.

Double leg calf raise

1. (Gastrocnemius muscle) Rise up onto your tiptoes. Keep your knees straight. Hold on if you need to steady yourself. Lower gently to the floor. Repeat 10 times.
2. (Soleus muscle) Keeping a slight bend in your knee, rise up onto your tiptoes. Hold on if you need to steady yourself. Lower gently to the floor. Repeat 10 times.



Single leg stand

Begin to increase the challenge by reducing support. You can also add a task such as throwing/catching or answering questions

Phase 3 Core Work

Abdominal curls/full sit up

Lie on your back with your knees bent and feet hip width apart. Rest your hands lightly behind your head or crossed on your chest. Your neck should be slightly flexed. Breathe out as you use your abdominal strength to curl your upper body off the floor until you are in a semi-seated position. Breathe in as you lower back down.



Mini crunches

Lie on your back with your knees bent and feet hip width apart. Rest your hands lightly behind your head or crossed on your chest. Breathe out as you lift only your head and shoulders from the floor to feel your abdominal muscles contract. Keep your neck straight and avoid pulling your head forwards. Breathe in as you lower back down.



4 point kneel with leg/arm extension

Start on your hands and knees. Begin by taking one leg at a time out to straighten the hip and knee. Repeat on the other side. The aim is to keep your back as level as possible throughout the movement. Progress by adding the opposite arm movement to the leg movement. Imagine you have a glass of water on the small of your back.



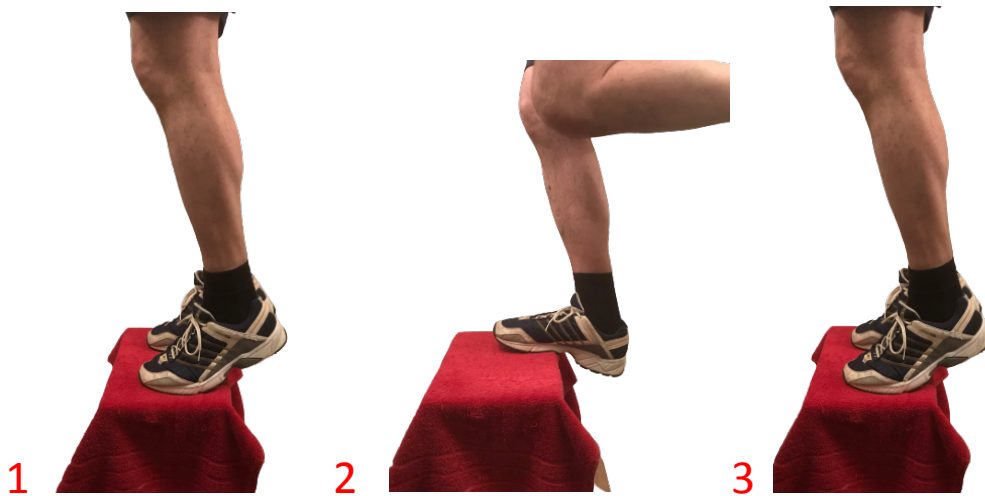
Phase 4 Strengthening

Jumping - forwards, sideways, diagonally and backwards.

Change the speed for an additional challenge. You could also try jumping on/off a box.

Try to land as softly as you can.

Complete 10 jumps.



Eccentric exercises off step (gastrocnemius)-

1) With your feet half way off the edge of a step (ensure it is a stable step!), raise up onto your tip toes.

2) Stand on one leg and slowly lower one heel towards the floor

3) Return the other foot to the step and use both feet to raise up onto tip toes again

This can be progressed by gradually increasing the weight going through the affected side rather than using both feet.



Eccentric exercises off step (soleus - as above but knees remain flexed)

- 1) With your feet half way off the edge of a step (ensure it is a stable step!) raise up onto your tip toes, keeping your knees bent.
- 2) Stand on one leg and slowly lower one heel towards the floor, keeping your supporting knee bent.
- 3) Return the other foot to the step and use both feet to raise up onto tip toes again, keeping both knees bent

This can be progressed by gradually increasing the weight going through the affected side rather than using both feet.

Bunny Hops

Using your hands to support your weight, jump forwards or to each side.

This can be progressed by hopping over a bench or support.



Phase 4 - Core Exercises

Plank

Place your forearms on the ground with your elbows directly underneath the shoulders. Keeping your knees straight, come up onto your toes. Goal - hold the position for one minute. Avoid the back dropping! Progression - Rise up onto the hands.



Side plank

Lie on your side with your knees straight. Rest your upper body on your forearm. Raise your hips to lift off the ground. Goal - hold for one minute.

Plank variations - add an unstable surface, lift one leg, rotate.

Russian twists

Create a V shape with your body by sitting up and lifting your legs into the air. Cross your feet over each other. Clasp your hands together and rotate your arms to each side, twisting your upper body as you go.



Accelerated Achilles Repair (post-op) and Achilles Rupture Exercises

Phase 5 - Return to sport drills

Hopping - forwards, sideways, diagonally and backwards. Change the speed for an additional challenge. Try to land as softly as you can. Complete 10 hops and remember to repeat on both sides. OFF box



Additional Sport Specific Exercises - to be added by your Physio if required: