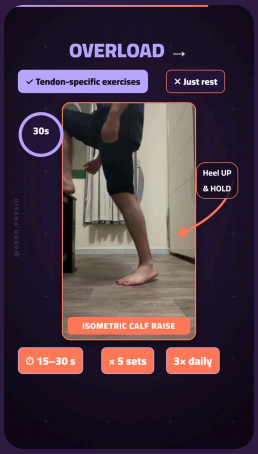
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FREE GUIDE

The Achilles loading plan

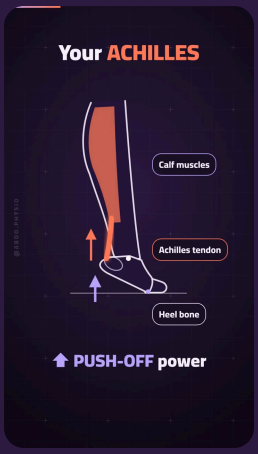
For a sore, stiff Achilles from overload, not a sudden pop. Load it, don't just rest it.



1 Isometric calf raise

HOLD 15–30 S **5 SETS** **3× A DAY**

1. Face a wall, fingertips on it for balance.
2. Rise onto the balls of both feet, **heels up**.
3. **Hold** 15–30 seconds at a strong, steady height. Lower slowly.
4. Rest about a minute. Repeat for **5 holds**.
5. Pain rules: no more than **5/10**, settled by **next morning**, stiffness **not worse** week to week.



2 Build it up, step by step

Move up only when the level feels easy and passes the pain rules.

1. Holds on **both legs**
2. Holds on **one leg**
3. **Slow heel raises**, both legs: 3 s up, 3 s down
4. Slow heel raises on **one leg**
5. One leg **with weight** (a backpack works)
6. Small **hops**, then a gradual return to running

Tendons change slowly: think weeks to months, not days.

⚠ Get it checked first if...

- you felt a **pop** or a **kick** in the heel (same day)
- you **can't push off** or stand on tiptoe
- a **gap or dent** in the tendon
- a **swollen, warm, painful calf** (same day)
- a **red, hot** heel or fever
- it's **getting worse** week to week



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Educational content only. Not a substitute for an in-person assessment by a physiotherapist or doctor. Stop any exercise that causes sharp or worsening pain. Tendon loading as first-line treatment: Chimenti et al., JOSPT, 2024. Pain-monitoring model: Silbernagel et al., Am J Sports Med, 2007.