



SHAYNE KELLY, DO

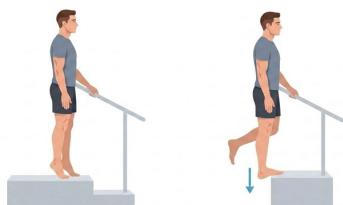
ORTHOPEDIC SPORTS MEDICINE · TRI-CITY ORTHOPEDICS

HOME EXERCISE PROGRAM · SHAYNEKELLYORTHODOTCOM

Achilles Tendon Loading Program (Eccentric Heel Drops)

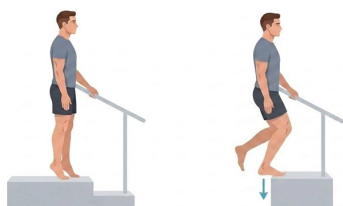
THE PROGRAM

This program strengthens the Achilles tendon by loading it as it lengthens. Mild soreness in the tendon during and after exercise is expected and acceptable; sharp pain is not — back off if pain is sharp or worsening day over day. Most published programs run 12 weeks. Not for use after Achilles surgery unless Dr. Kelly specifically prescribes it.



Eccentric Heel Drop — Knee Straight **3 sets of 15, twice a day**

Stand on the edge of a step on the balls of both feet, heels off the edge. Rise up on both feet, shift your weight to the affected leg, then slowly — over 3-5 seconds — lower that heel below the level of the step with the knee straight. Use both feet to rise back up.



Eccentric Heel Drop — Knee Bent **3 sets of 15, twice a day**

Same movement, but with the knee of the working leg slightly bent throughout the lowering, to load the deeper calf muscle.

Progression **Increase load, keep 3 sets of 15**

When the exercises become easy and comfortable, add load gradually — a backpack with books is the classic method — rather than adding repetitions.



Calf Stretch — Wall **Hold 10 seconds, repeat 5 times, daily**

While facing the wall, place the affected leg back with the knee straight and heel flat. Lean in until a gentle stretch is felt. Hold 10 seconds.

Educational information, not medical advice. This is not a substitute for the specific instructions Dr. Kelly and your physical therapist give you. Follow your own care team's directions. In an emergency, call 911.

