

Light jogging on flat ground may be started at 4-6 weeks during the regimen if it is not painful or only causes mild discomfort. Thereafter, activities may be introduced and gradually increased as long as no severe pain in the tendon is felt.

Exercise 1



1. Stand on the step on the balls of your feet and keep your heels over the edge and your knees straight



2. Lift your good leg off the ground



3. Lower your painful heel down below the step edge

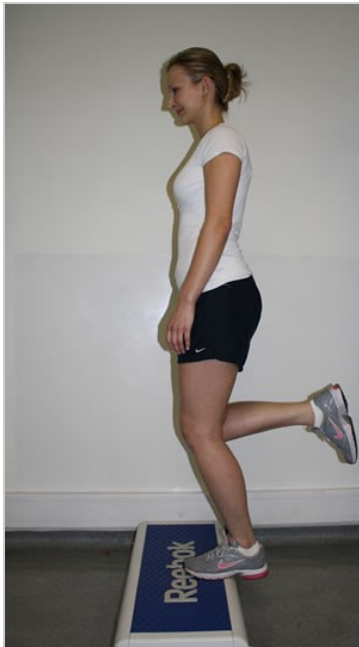


4 & 5. Put your good side onto step and use it to lift your painful side back to the level starting position then go back to the start

Exercise 2



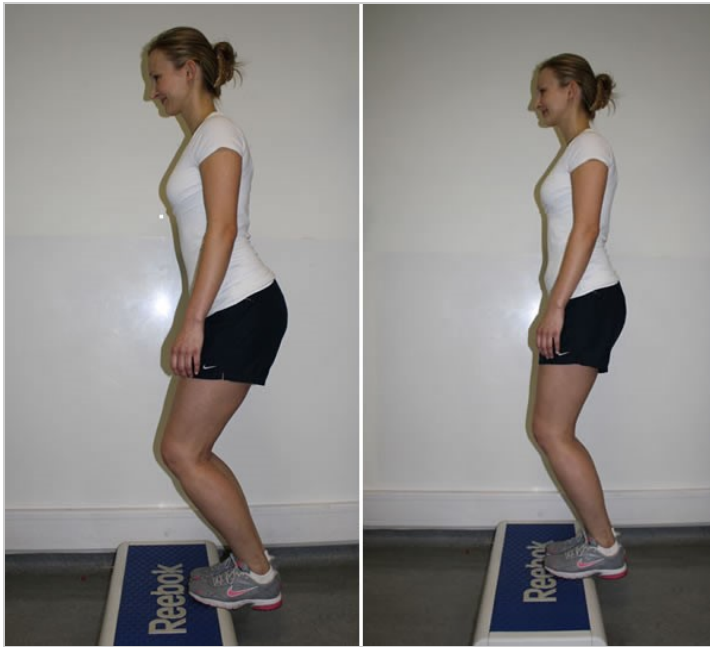
6. Stand on the step on the balls of your feet and keep your heels over the edge and your knees slightly bent



7. Lift your good leg off the ground



8. Lower your painful heel down below the step edge



9 & 10. Put your good side onto step and use it to lift your painful side back up to the level starting position then go back to the start

Protocol

To be performed twice a day, every day, for 3 months...

Exercise 1, perform 15 times in a row
then do.. } **ONE SET**
Exercise 2, perform 15 times in a row

Repeat this SET of 30 exercises, 3 times for each session of therapy (90 in total per session).