



Eccentric Single Leg Calf Raises: Achilles Issues

The Achilles tendon responds best to the lowering phase of the exercise. That is why the emphasis is on this portion of it.

Figure 1



Figure 1: Stand with the balls of your feet on the edge of something so that your calves may stretch below the horizontal. Your knees should be slightly bent.

Figure 2



Figure 2: Rise up on to tip-toe using *both* feet.

Figure 3



Figure 3: Take one foot away.

Figure 4



Figure 4: Lower to the full stretch position resisting only with your affected calf. This is one repetition.

Train once or twice per week, as instructed by your practitioner.

Build up to 2 sets of 15 repetitions and then increase the load using weights.