Podiatry Services
Patient Information Leaflet

Achilles Tendon - Isometric Exercise

(V2 November 2026)





1. Start with your feet flat on the floor then push up onto the tip toes of your right/left foot, hold this position for a count of 5-10 seconds
2. Repeat this as necessary until your symptoms ease, morning, and evening
3. Rest for a few minutes and then repeat the exercise with your knees bent - ensuring that only your ankles move (keeping your knees and hips still).

Note: Experiencing some pain during this exercise is normal but stop and rest for a couple of days if the pain is intolerable.

If this is too easy, then try performing the exercise on one leg at a time.

If it is too painful, then try performing the exercise while sitting down.

Caution

You may develop muscle soreness during the first few days or weeks of doing this exercise. This is normal and will subside once your body becomes accustomed to the exercise.

If you have any questions about the information in this leaflet, please contact Podiatry Services. Further information about the service and how to manage a range of foot health problems yourself, can also be found on our website:
www.livewellsouthwest.co.uk/project/podiatry

Contact Details

Podiatry Services
Beauchamp Centre
Mount Gould Hospital
200 Mount Gould Road
Plymouth, PL4 7QD

Tel: 01752 434855

Email: livewell.podiatrypatients@nhs.net

Graphics created using AI-assisted image generation. Illustrations are for guidance only and should be used alongside the accompanying instructions.