

MoveWell® WIPE-OUT
Achilles Tendonitis (Insertion)

1



Standing Gluteal Squeeze

Stand with your feet hip width apart and toes pointing straight ahead. Squeeze your right glute max, which will make your hips turn toward the left. Hold for 6 seconds, then release. Perform 6 repetitions. Repeat on the left side.

2



Foam Roll Balance

Place foot on a 1/2 foam roll with the round side down. With your knee unlocked, balance on the foam roll for 1 minute.

3



Mini-Band Walk

Place a mini-band around your ankles. Stand with feet shoulder width apart and toes pointed straight ahead. Keeping knees unlocked, perform sidestepping move to the right, keeping tension in the band. Make sure your toes point straight ahead. Perform 3 x 20 yards.

4



Side Plank with Hip Abduction

Lie on your right side with your weight resting on your forearm. Bend your right knee to 90°. Make sure your body is forming a straight line. Press into the floor with your right knee and forearm as you lift your right hip off the floor. Maintain this position while you lift your left leg towards the ceiling for 3 x 12 repetitions. Repeat while lying on the left side.

5



Tea Kettle Squat

Stand and hinge at one hip and extend the opposite leg behind you while holding a weight in the opposite hand. You can place a the opposite hand lightly on a table/chair to help with balance. Keeping your trunk horizontal, lower the weight to the floor by bending your knee. Return to the starting position. Perform 3 x 12 repetitions.

6



Revolving Lateral Angle into Revolving Triangle

From a lunge position, bend your front knee and place your opposite hand on the floor to the inside of your foot. Make a straight line from hand to hand (revolving lateral angle). Hold for 5 deep breaths. Then straighten out your front knee without locking it as you shift some weight to the back leg (revolving triangle). Hold for 5 deep breaths.

Achilles Tendonitis (Insertion)

What is Insertional Achilles Tendonitis?

Achilles Tendonitis is inflammation of the Achilles tendon. The Achilles tendon starts at the muscles of the calf and run down to connect at the heel. Insertional Achilles Tendonitis is inflammation of the Achilles tendon where it connects at the heel.

The Why Behind the What

Exercise #1 - Standing Gluteal Squeeze

The glute squeeze is great for reteaching the gluteus maximus to contract independently of the other. You should perform this exercise on whichever side feels weaker. The goal is to be able to squeeze either glute with the same amount of contraction while standing with your feet even.

Exercise #2 - Foam Roll Balance

This exercise helps to regain motion at the ankle that you are balancing on. It also helps to strengthen the muscles on the side of the hip that is being held to the side. Make sure to stand up straight and keep your toes from pointing out. If you start to lose your balance, you can put your foot down for a moment, but try to continue to exercise as soon as possible.

Exercise #3 - Mini-Band Walk

Retraining the ankle to roll inwards as well as outwards is important to wipe out the pain of Achilles Tendonitis. The lateral step does this, as well as working the gluteal muscles on the side of the hip. You should feel this exercise at the hip. Make sure to keep your toes pointed straight forward and knees unlocked.

The Common Causes of Achilles Tendonitis

The most common cause of Achilles Tendonitis at the insertion is increased pelvic rotation toward the side of injury, which causes the foot to roll outwards and places weight on the blade of the foot. Other causes include an immobile ankle on the injured side and a decreased ability to contract the gluteus maximus on the same side.

Exercise #4 - Side Plank with Hip Abduction

This exercise strengthens the gluteus medius, which is responsible for stabilizing the hip. The real focus of this exercise should be the hip that is closest to the ground, although you may also feel the muscles working in the leg that you lift.

Exercise #5 - Tea Kettle Squat

Similar to exercise #2, this squat helps to mobilize the ankle and activates the gluteus maximus at the same time. You should feel this exercise in the gluteus maximus. Remember to keep your back straight and keep your trunk horizontal.

Exercise #6 - Revolving Lateral Angle into Revolving Triangle

The revolving lateral angle is a strengthening exercise for the forward leg in the quads and glutes. If the gluteal muscles are strong, the calf muscles don't have to work so hard. Once holding this pose for 5 deep breaths or 30 seconds, straighten the front leg to attain the revolving triangle pose. This pose is a great stretch for the hamstrings on the outer thigh. If these hamstrings are tight, they cause excess strain on the injured tendon.