

## Excentric Heel Raises

- Stand on a step with the balls of your feet on the edge. Your heels should be hanging over the edge of the step (pic 1). Hold onto something stable for balance. Keep both knees straight.
- Using both feet, lift your heels and rise up onto the balls of your feet (pic 2)



Pic 1



Pic 2

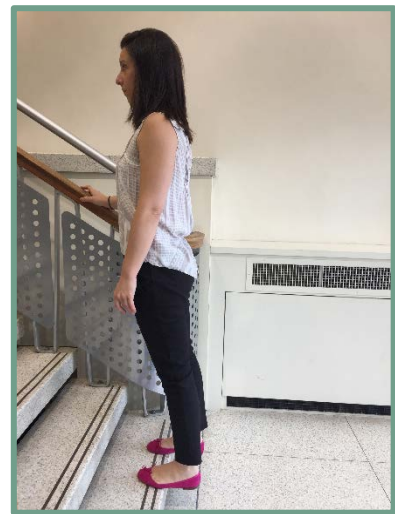
- Keep your foot with the painful Achilles' tendon on the step, and lift your non-injured foot off the step (pic 3)
- Slowly lower yourself down using your injured ankle. Your heel should move towards the floor, and the ball of your foot should remain in contact with the edge of the step (pic 4)
- Return your non-injured foot to the step and repeat the exercise (pic 5)



Pic 3



Pic 4



Pic 5