**Calf and Achilles bottom ladder**

1. **Rest** – At onset of injury rest 24 – 48 hrs and apply ice and compression for 10 – 15 mins every 2 hours.
2. **Toe Pointing** – After 48hrs do toe pointing exercises. Sitting down with foot off ground point toe firmly downwards, then upwards to stretch Achilles tendon and calf muscle. Begin work with Physical Therapist.
3. **Stretching** – stretch calf muscles, anterior tibialis muscle, quads, adductors and hamstring muscles. Repeat sequence 6 – 8 times a day.
4. **Heels** – Raise and lower heels by standing on toes with both feet on the ground – 3 sets of 10 repetitions
5. If pain free then stand on one leg and raise and lower heel 3 sets of 10 reps
6. If single leg heel raise is pain free then hop 50 times. If you can hop 50 times on injured leg and feel no pain move to Top Ladder
7. Also do exercise on a bike to maintain aerobic fitness and to work muscles in a low impact way.

**Calf and Achilles top ladder**

1. 6 x 100m. Small stride, barely running, like a warm-up.
2. 6 x 100m. Slightly longer strides
3. 6 x 100m. Trot with heels kicking buttocks in each stride.
4. 6 x 100m. Run half speed.
5. 6 x 100m. High knee trot. Keep stride length short, knees raised to horizontal or above.
6. 6 x 100m. Run three quarter speed. Do not increase stride length beyond normal.
7. 6 x 100m. Grade One Sprint – accelerate 25m, sprint 50m, slow down 25m.
8. 6 x 100m. Grade Two Sprint – Accelerate 25m, sprint 50m, fast stop 25m.
9. 6 x 100m. Grade Three Sprint – Accelerate 25m, sprint 50m, fast stop 25m
10. Shuttle Run – 10 x 20 m ‘wind sprints’. Sprint out and back between markers 20m apart.
11. Start Play – begin in easy, low-grade match, easy opposition.
12. Fit Again