

TENDON RECOVERY STRETCHES

Gentle, Evidence based exercises for safe healing at home

INTRODUCTION SECTION

- ☆ Tendon injuries such as Achilles, Patellar, Rotator cuff, or Elbow tendinopathy are common
- ☆ Proper rehabilitation through gentle, controlled stretching helps reduce pain, restore mobility and prevent recurrence
- ☆ This guide provides clinically inspired, safe exercises you can perform at home

Safety Note

- ☆ Always consult a healthcare professional before starting
- ☆ Perform stretches slowly and without force
- ☆ Stop immediately if you feel sharp pain

SUPPORT INITIATIVE BY



TENDON RECOVERY STRETCHES

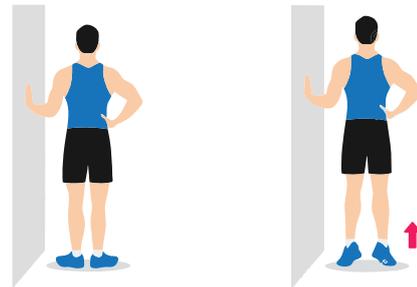
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ACHILLES TENDINOPATHY

ECCENTRIC HEEL DROP

- Begin strengthening the tendon.
- Repetition/Sets

15 reps x 3 sets



CALF STRETCH

- Stretches the soleus and reduces tightness around Achilles

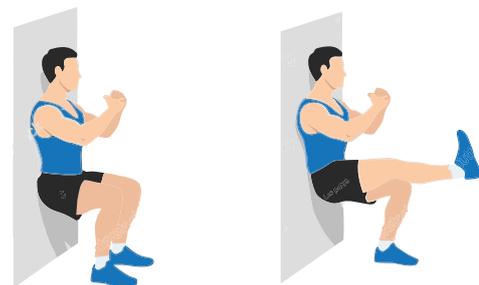
30 secs x 3 reps



ISOMETRIC WALL SIT

- Builds tendon tolerance without Much movement.

30-45 secs x 3 sets



SINGLE – LEG BALANCE

- Rebuilds tendon control & ankle stability

12 reps x 3 sets



TENDON RECOVERY STRETCHES

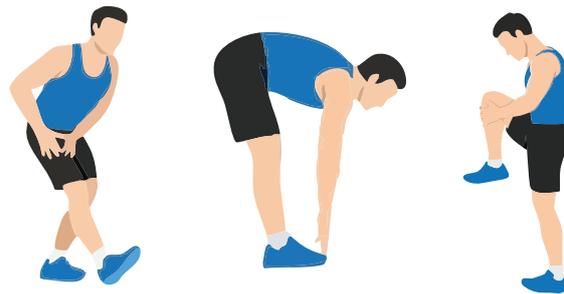
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HAMSTRING TENDINOPATHY

HAMSTRING STRETCH

- Gentle stretch to reduce tightness

3 x 30 sec stretch each leg



ANKLE PUMPS

- Improves flexibility
- Increases circulation

3 sets x 15 pumps



GLUTE BRIDGE BASIC

- Gently activates glutes and hamstrings

3 sets x 10 reps



SEATED HAMSTRING STRETCH

- Gently activates glutes and hamstrings

3 x 30 sec stretch



TENDON RECOVERY STRETCHES

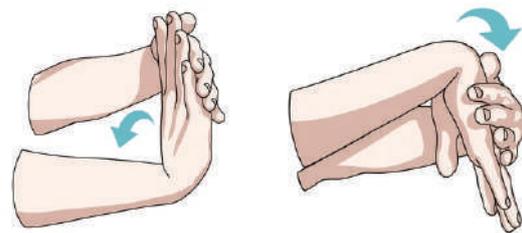
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GOLFER'S ELBOW (Medial Epicondylitis) TENDINOPATHY

FOREARM FLEXOR STRETCH

- Gently stretch inside of forearm and loosen joint

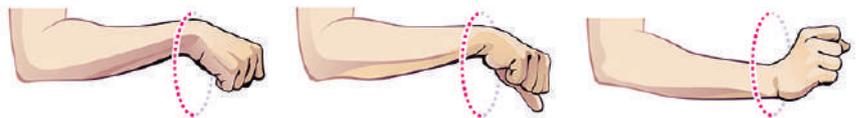
3 x 30 sec stretch each leg



WRIST CIRCLES (CLOCKWISE + COUNTER)

- Gently stretch inside of forearm and loosen joint

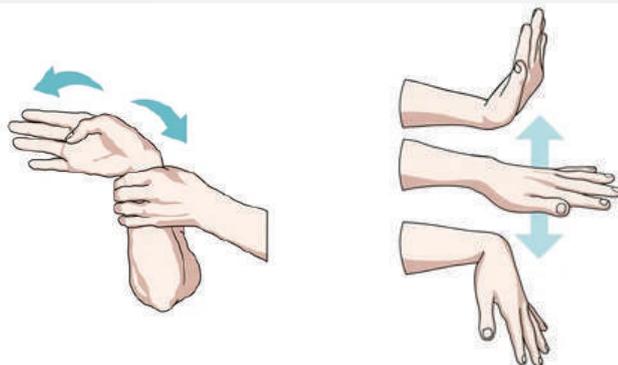
2 sets of 10 circles



ISOMETRIC WRIST FLEXION

- Begin tendon loading without movement
- Improves grip strength

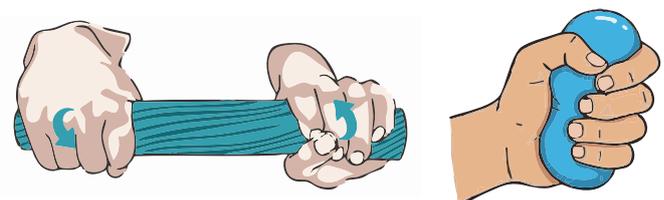
5 holds x 10 sec



FINGER SQUEEZES (SOFT BALL OR TOWEL)

- Begin tendon loading without movement
- Improves grip strength

3 sets x 10 reps



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ROTATOR CUFF (SUPRASPINATUS) TENDINOPATHY

ECCENTRIC HEEL DROP

- Begin strengthening the tendon.
- Repetition/Sets

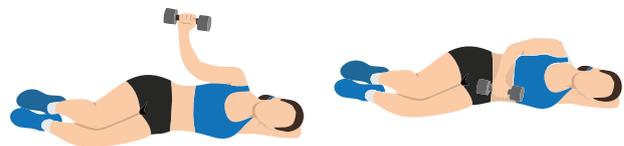
15 reps x 3 sets



SIDE LYING EXTERNAL ROTATION

- Strengthens rotator cuff, improving shoulder stability

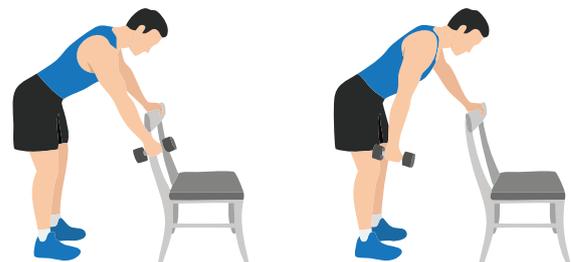
3 sets x 12 reps



PENDULUM SWINGS

- Gentle motion reduces stiffness and improves blood flow

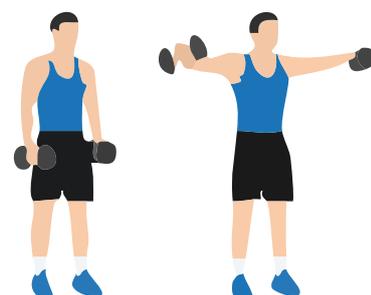
2 sets x 20 reps



SCAPTION

- Specifically targets supraspinatus in its safest plane

3 sets x 12 reps



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PATELLAR TENDINOPATHY

STRAIGHT LEG RAISE

- Strengthens quadriceps without direct tendon strain

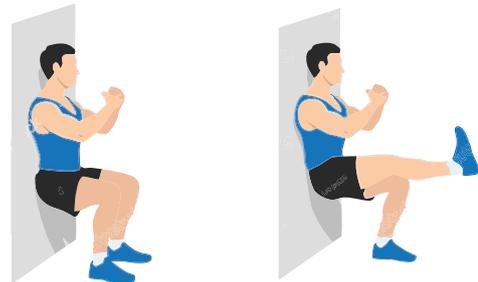
3 sets x 15 reps



ISOMETRIC WALL SIT

- Reduces tendon pain & activates quadriceps safely

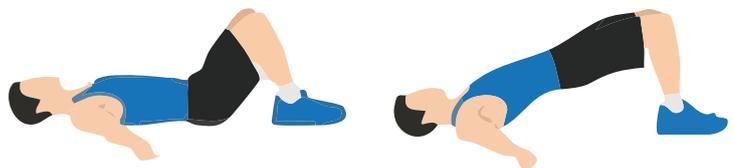
3 sets x 30 sec hold



BRIDGES

- Strengthens glutes & hamstrings, reducing strength on knee tendon

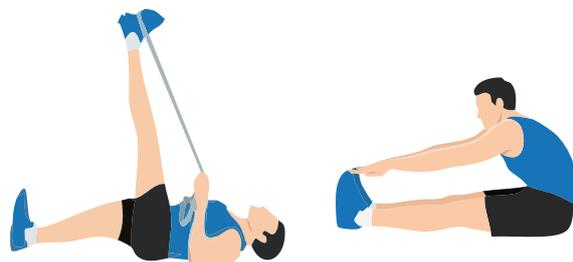
3 sets x 15 reps



HAMSTRING & CALF STRETCH

- Specifically targets supraspinatus in its safest plane.

4 sets x 20 secs



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Do's & Don'ts before performing Tendon recovery exercises at home

DO'S



Warm up with 5–10 minutes of light activity (walking, gentle movement).

Perform each stretch slowly and in a controlled manner.

Breathe normally – don't hold your breath.

Focus on gentle tension, not pain.

Apply ice after exercises if swelling occurs.

DON'TS



Don't stretch through sharp or stabbing pain.

Don't bounce or jerk during stretches.

Don't skip proper rest between sets.

Don't push beyond your current flexibility level