

Achilles Tendinitis – Mobility Band

There are now several different mobility band brands. I have had luck using the Rogue Fitness VooDoo X Bands or EDGE Mobility Bands. There are many variations of how the bands can be used as a mobility and treatment tool. Below is an example of one method I use for treating Achilles tendinitis.

The use of mobility bands affects blood flow to the area and speeds up healing. Mobility bands also help reset some of the receptor cells in the muscle tissue that cause excessive muscle tightness. Always wrap the band with at least 50-75% stretch. The entire treatment should take only a couple of minutes. If you start to experience numbness, tingling, excessive pain or your foot turns completely white, please discontinue the treatment. Remove the mobility band and move your ankle back and forth to restore blood flow. *(If you suffer from any form of blood clotting disorder or are on blood thinning medications, I would advise against utilizing mobility bands for any type of aggressive, deep compression.)*

Mid Foot Variation – Step 1

Depending on the area of pain, you may need to start wrapping the mobility band on your mid foot or the bottom of your ankle. Starting **mid foot**, wrap the mobility band with 50-75% stretch. Tuck the end of the mobility band inside part of the mobility band already wrapped.



Mid Foot Variation – Step 2

Sit with your ankle unsupported and free floating. Pump your ankle back and forth for as much motion in each direction as possible with the mobility band in place. Perform the movement for approximately 30 seconds.



Ankle Variation – Step 1

Depending on the area of pain, you may need to start wrapping the mobility band on your mid foot or the bottom of your ankle. Starting at the lowest part of your **ankle**, wrap the mobility band with 50-75% stretch. Tuck the end of the mobility band inside part of the mobility band already wrapped.



Ankle Variation – Step 2

Sit with your ankle unsupported and free floating. Pump your ankle back and forth for as much motion in each direction as possible with the mobility band in place. Perform the movement for approximately 30 seconds.



Treatment Variation 2 – Step 1

After performing the ankle pumping, move to your hands and knees. Move into a variation of the yoga pose known as downward facing dog. Attempt to straighten your knee and place your heel on the ground. Then bend your knee and allow the heel to rise up from the ground. Continue slowly with this sequence. Perform the movement for approximately 30 seconds.



Treatment Variation 2 – Step 2

Alternate between straightening your knee while placing your heel on the ground and bending your knee while allowing the heel to rise up from the ground. Continue slowly with this sequence. Perform the movement for approximately 30 seconds. **You can perform this mobilization with either the mid foot style wrap or the ankle variation.**



After completing this sequence, remove the mobility band. Move your ankle around to restore motion and blood flow. You may even want to attempt stretching the calf muscles as previously demonstrated in **Achilles Tendinitis Rehabilitation Exercises.pdf** (<http://marathontrainingacademy.com/achilles-tendinitis>). As long as your symptoms don't worsen, you may utilize the mobility bands several times during the day.

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