

ECCENTRIC TRAINING FOR THE TREATMENT OF ACHILLES TENDINOPATHY

Eccentric loading has been proven to be very effective in treating pain in the Achilles tendon.



Performing the Exercise

- Go up onto tip toe.
- Lower your heels down in a slow and controlled manner; allow your heels to drop below the level of the step to a point where you feel a resistance within the muscle.
- Return to the start position
- The exercise can be performed in two ways, with and without the knee bend; this targets the different calf muscles.
- When you have good control and strength you can then progress to one-legged versions of the described exercises.
- You should start with doing three sets of 10 repetitions twice per day, 7 days a week
- In the early stages this exercise MAY BE PAINFUL, but do not worry this is normal, experience shows that the tendon will not rupture, and in most cases will get better as a result of the exercise.
- When there is no pain during or after the 3 sets then move onto doing 15 repetitions.