

ECCENTRIC TRAINING FOR THE TREATMENT OF ACHILLES TENDINOPATHY

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



Performing the Exercise

- Go up onto both tip toes.
- Lower your heels down in a slow and controlled manner, allowing 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
- You should do two sets of 15 repetitions three times per day, seven days a week
- The exercise should be performed in two ways, one set of 15 repetitions with the knee slightly bent and one without. This targets the different calf muscles.
- After two to four weeks, when you feel you have got used to the exercises, you should progress to one-legged versions of the described exercises. The exercise should be done on your painful leg or, if both are painful, both legs in turn.
- In the early stages this exercise MAY BE PAINFUL, but do not worry as this is normal. Experience shows that the tendon will not rupture and, in most cases, will get better as a result of the exercise.
- Continue your single leg exercises for 12 weeks. If your pain does not improve consult your doctor.

This exercise can also be done on an incline board (see video). Incline boards can easily be made at home from two pieces of wood. Alternatively they can be bought from various retailers.