Achilles Tendonitis Protocol-Eccentric Model

Patients are to be instructed on proper mechanics on how to perform the eccentric exercises and to do their eccentric exercises 2 x daily, 7 days/week, for 12 weeks. During the 12-week training regimen, running activity is allowed if it can be performed with only mild discomfort and no pain.

I. Two types of Eccentric Exercises will be used: (Refer to Photo A, B, and C)
   - The calf muscle is to be eccentrically loaded with the knee straight.
   - To maximize the activation of the soleus muscle, also performed with the knee bent.
   - Perform each exercise 3x with 15 repetitions.
   - Use your hand on the wall as a guide for balance
   - Begin with weight bearing load, progression to backpack weight when patient can perform the exercise routine without pain or discomfort (Photo D). Advanced progression under therapist’s guidance may include resistance from weight training equipment such as a Smith machine or a squat machine.

*Note: Muscle soreness during the first 1-2 weeks of training is expected.

Photo A:
Standing with back of foot over a ledge, begin with all weight up on forefoot and calf muscles flexed (standing up on toes).
**Photo B:**

Slowly lower the heel of the injured leg. Then use the noninjured leg to return to the starting position.

**Photo C:**

Exercises may be performed with the knee slightly bent to maximize soleus activation.

**Photo D:**

To increase the load, a backpack may be worn and the weight may be gradually increased.