

ACHILLES TENDINOPATHY

PROBLEM:

An Achilles tendon may become **painful, weak, stiff** and/or **swollen** (called *tendinopathy*) due to:

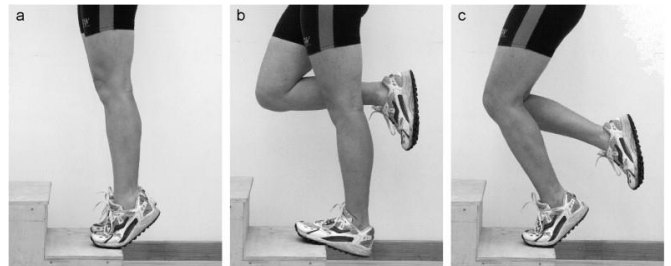
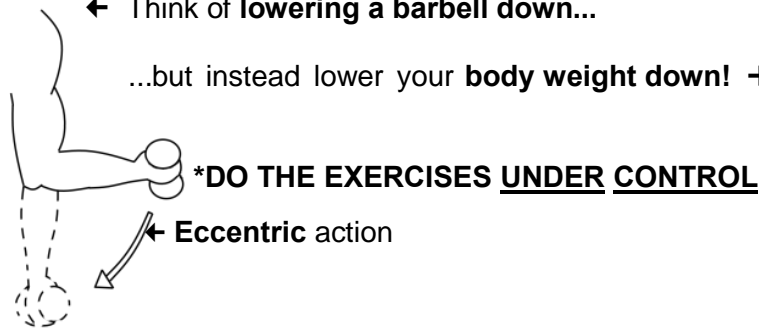
- Tendinitis:** inflammation of tendon caused by overuse or repetitive trauma; or,
- Tendinosis:** degeneration of tendon from micro-tears, causing thickening (a "lump").

TREATMENT:

- ⊙ **REST:** Painful tendons may first need immobilization in a medical boot with heel lifts (1 to 1-1/2 inches).
- ⊙ **STRENGTHENING:** Heavy load **eccentric** strengthening (lengthening of muscle under constant load):

← Think of **lowering a barbell down...**

...but instead lower your **body weight down!** →



STARTING INSTRUCTIONS (advanced exercises below)

- ✓ Perform **ONCE DAILY** for **12 WEEKS**.
- ✓ Start at **FLOOR LEVEL**.
- ✓ **SOME** pain at first is normal. **STOP** if pain is **SEVERE**.
- ✓ **NO STRETCHING!** Avoid pulling on the tendon (no stretching, squats, steep hills, or barefoot/flat shoes).
- ✓ **KNEE STRAIGHT!** Start with photos A & B.

GET STARTED!



- Go **UP** on your **GOOD** side (onto toes).
- Transfer **OVER** to your **BAD** side (onto toes).
- Lower **DOWN** on your **BAD** side.
- Then **REPEAT** as many times as you can do comfortably (your baseline).
- Work your way up to 3 SETS OF 15 (45 reps).



PROBLEMS?

- Hurts your **GOOD** side (to go up on your toes)?
 - Instead, step up with your **GOOD** side onto a **PHONE (big) BOOK**, then step off on the **BAD** side.
- Hurts your **BAD** side (to lower down to the floor)?
 - Lower down using **BOTH** sides.
 - Eventually switch them out to come down **just on the BAD** side.

TOO EASY?

- Advance your exercises using one or more of these options:
 - TWICE DAILY** > Do the exercises **TWICE** daily instead of once daily.
 - ADD WEIGHT** > Put on a backpack and progressively load 5 lbs/week into it, up to 35 lbs.
 - KNEE BENT** > Slightly bend knee on the way down.
 - STEOFF** > Stand on a stair or stepstool and lower the heel past the edge on the way down.