

Achilles Tendinitis Eccentric Protocol

Heel drops are to be performed with emphasis on the ECCENTRIC (lowering) portion of the movement. Use your upper extremities to assist you rising onto your “tip toes” then reduce the use of your upper extremities to lower yourself slowly until your heels are resting on the floor. The descent from your “tip toes” to your heels being flat on the ground should take 5 seconds for a good eccentric contraction as demonstrated in therapy.

Progression of heel drops: it is normal to feel some soreness or discomfort during or after performing your heel drops. Discomfort should not last 24 hours, if discomfort lasts longer than 24 hours, take a day off from exercising, apply ice 10 minutes (3 times per day), and regress one level on your heel drops as instructed.

When progressing to use of one foot (step 6 below), you will use both feet and both upper extremities to raise yourself up onto your “tip toes” and then lift your uninvolved leg off the ground, and then slowly lower yourself to the ground using only the involved foot. The involved foot is the foot with pain that we are treating.

Progression of heel drops – if you can perform level 1 for 3 consecutive days with no discomfort/increased swelling 24 hours later, you will then progress to the next level of volume.

1. 2 feet eccentric, 3 x 10 reps using technique as described above
2. 2 feet, 3 x 15
3. 2 feet, 3 x 20
4. 2 feet, 3 x 25
5. 2 feet, 3 x 30
6. 1 foot (involved foot), 3 x 10
7. 1 foot, 3 x 15
8. 1 foot, 3 x 20
9. 1 foot, 3 x 25
10. 1 foot, 3 x 30



STANDING CALF STRETCH - GASTROCNEMIUS

Start by standing in front of a wall or other sturdy object. Step forward with one foot and maintain your toes on both feet to be pointed straight forward. Keep the leg behind you with a straight knee during the stretch.

Lean forward towards the wall and support yourself with your arms as you allow your front knee to bend until a gentle stretch is felt along the back of your leg that is most behind you.

Move closer or further away from the wall to control the stretch of the back leg. Also you can adjust the bend of the front knee to control the stretch as well. Video # VVNCZDYYG

Repeat 3 Times

Hold 1 Minute

Complete 1 Set

Perform 2 Times a Day



STANDING CALF STRETCH - SOLEUS

Start by standing in front of a wall or other sturdy object. Step forward with one foot and maintain your toes on both feet to be pointed straight forward. Keep the leg behind you with a bent knee during the stretch.

Lean forward towards the wall and support yourself with your arms as you allow your front knee to bend until a gentle stretch is felt along the back of your leg that is most behind you.

Move closer or further away from the wall to control the stretch of the back leg. Also you can adjust the bend of the front knee to control the stretch as well. Video # VVGUVSTYG

Repeat 3 Times

Hold 1 Minute

Complete 1 Set

Perform 2 Times a Day

HAMSTRING STRETCH WITH TOWEL

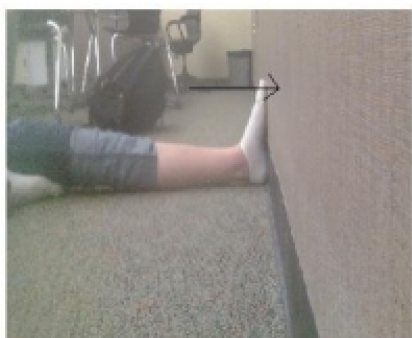


While lying down on your back, hook a towel or strap under your foot and draw up your leg until a stretch is felt along the backside of your leg.

Keep your knee in a straightened position during the stretch.
Video # VVQGB3WMY

Repeat 3 Times
Complete 1 Set

Hold 1 Second
Perform 2 Times a Day



Plantar Flexion Against Wall

Sit on the floor with the ankle of the injured foot flat against the wall.

Try to go into plantar flexion (point your toe).

Repeat 5 Times
Complete 1 Set

Hold 45 Seconds
Perform 2 Times a Day



Eccentric Calf Raises

Standing on both legs, raise up on your toes. When you have reached the end of your available range shift weight onto one leg and SLOWLY lower back down on single leg. Use a stable counter, chair, or wall for balance assistance. Remember to push through your big toe and do not let ankles roll out. Start with 3 sets of 10 repetitions and work up to 1-2 sets of 30 repetitions.

Repeat 15 Times
Complete 3 Sets

Hold 1 Second
Perform 2 Times a Day

COLD PACK

Apply a cold pack to the affected area.

Duration 10 Minutes

Complete 1 Set

Perform 3 Times a Day

