

Eccentric Exercise for Achilles Tendinopathy

With the ankle in plantar-flexed position (a), the heel of the affected limb is lowered in relation to the forefoot, which eccentrically loads the gastrocnemius and soleus muscle complex (b). To prevent concentric loading, the unaffected limb is used to return to the start position (c). After improvement following a regimen with the straight-leg exercise, the patient may then perform the exercise with the knee of the affected leg bent (d, e). *From LER Magazine Munteanu S, Landorf K, Menz H, et al*

90 Reps 2 times a day (Total of 180 reps per day) for 12 weeks.

