

Achilles Tendinitis – Eccentric Exercises

This guide demonstrates exactly how to perform certain eccentric calf strengthening exercises as part of your rehabilitation while managing your Achilles tendinitis pain. The goal is to improve your ankle and calf strength and to help the injured tissue heal properly. The exercises should be performed in a relatively pain free manner. Begin with the elastic band exercise while sitting. Then eventually progress to the heel raises.

I also highly recommend that you initiate a stretching program as demonstrated in the **Achilles Tendinitis Rehabilitation Exercises.pdf** (<http://marathontrainingacademy.com/achilles-tendinitis>). If your symptoms worsen when performing any of these exercises, please discontinue that particular exercise.

Elastic Band Plantarflexion

Start with your foot in a neutral position.

You may also use the elastic band as a way to stretch your foot up toward you (similar to a standing calf stretch).



While seated, use an elastic band attached to your foot. Press your foot downward and forward. Return to the starting position very slowly and under control. Spend at least 5 seconds to return your foot to its starting position.

Perform two sets of 15-20 repetitions once per day.

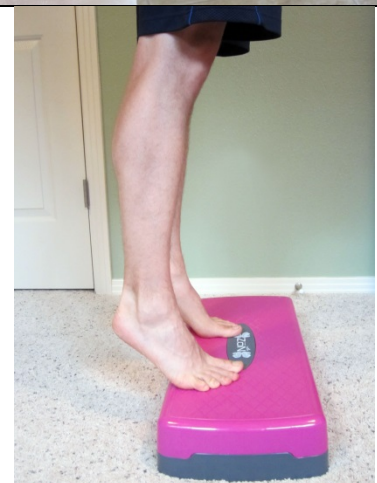
You may have your foot suspended on a chair/stool or your heel could rest on the ground.



Heel Raises – Starting Position

A key exercise is the heel raise. The emphasis should be on the eccentric control (meaning when the muscle is lengthening or contracting eccentrically).

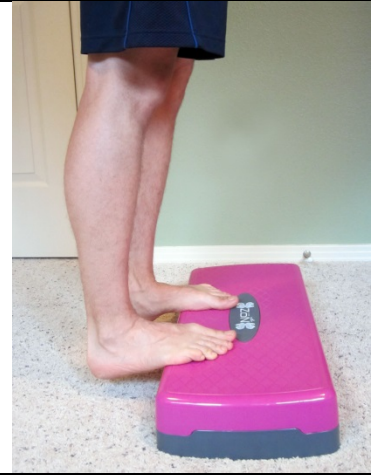
In this exercise, the starting position is up on the tip toes. The important component is the slow lowering of the heels. Spend several seconds to lower down the heels. I recommend 1 second up and taking 5 seconds when coming down.



Heel Raises – Ending Position

For normal strength, you should be able to perform 25 repetitions on one foot while using a counter top for minor balance only. (1 second up and taking 5 seconds when coming down.) As you work on your ankle and plantarflexion strength, start slowly as to not aggravate the Achilles tendon or painful area. Discontinue this exercise if your pain worsens.

Initially perform with both feet. 10 repetitions at a time, up to three sets of 10 repetitions once per day. As your pain level decreases and your strength increases, progress to one foot only and increase the repetitions.



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