

Achilles tendinopathy

## Achilles heel-drop protocol (for mid-portion achilles tendiopathy)

Number Of Exercises	Exercise Specific	Exercise progression
3*15 repetitions	Do exercise both with knees	Do exercises until they become
2 times daily	straight (fully extended) (Fig. 1)	pain-free
7 days a week for 12 weeks.	and knee bent (flexed 45 degrees) (Fig.2) over edge of	Add load until exercises are painful again
Up with two legs and down with	step.	Progressively add load
one.		
	Lower only (heel-drop) from standing on toes (i.e. raise back onto toes using unaffected leg and arms)	

Fig. 1 (start with two legs, prog. To single leg).



Fig. 2 (start with two legs and prog. to single)



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Fahlstrom M., Jonsson P., Lorentzon R., Alfredson H. Chronic achilles tendon pain treated with eccentric cal-muscle training. *Knee Surg Sports Traumatol Arthrosc* 2003; 11 (50: 327-33.

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