



Eccentric exercise for Achilles Tendonitis

These exercises help to strengthen the Achilles tendon. 'Eccentric exercise' is when the muscle you are working 'lets out' under control. This type of muscle strengthening is very effective but needs to be done carefully. Your physiotherapist will show you how to perform these exercises correctly.

A) Gastrocnemius



Starting position

On the edge of a step, start with both heels raised so you are up onto your tip toes. Keep both knees straight.



Action

Transfer all your weight onto your affected leg. Keeping your knee straight, slowly lower your heel down over the edge of the step. Use both legs together to return to the start position.

Repeat _____ times on the _____ leg / both legs. Do _____ x / day

B) Soleus



Starting position

On the edge of a step, start with both heels raised so you are up onto your tip toes. Bend both knees.



Action

Transfer all your weight onto your affected leg. Keeping your knee bent, slowly lower your heel down over the edge of the step. Use both legs together to return to the start position.

Repeat _____ times on the _____ leg / both legs. Do _____ x / day