EXERCISE PROGRAM FOR MID-PORTION ACHILLES TENDINOPATHY

The Silbernagel (Eccentric Overload Training) Program



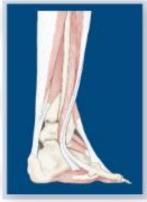
Patient Profile

This program is for adults (18-65 years) with > 3 months of uni- or bilateral, mid-portion Achilles tendinopathy symptoms



Program Schedule

· Daily, according to exercise progression phase



Exercises

Continue if pain ≤5/10, unless: [0=no pain, 10 = worst pain]

- Pain does not decrease soon after exercises
- Pain does not subside by the next morning
- There is an overall increase in pain and stiffness day after day









Exercise A:

2-leg concentric & eccentric toe raise

Exercise B:

1-leg concentric & eccentric toe raise

Exercise C:

PHASE

1-leg eccentric toe raises (use both legs to get into start position)

Other Daily Exercises

- Toe extension/ flexion
- Gastrocnemius stretch 3x20s



knee straight

Soleus stretch 3x20s



knee bent

- · One leg standing balance
- . Toe/ heel walk 5x5 meter



Exercise Progression

PHASE 1

- Exercise A: 2x15 reps, 3x daily

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- Exercise A: 2x20 reps*

Exercise B: 3x15 reps off a step* (increase 2 reps/day up to 15 as tolerated)

- Exercise C: 10 reps off a step* (Increase 2 reps/day as tolerated)
- 2-leg progressing to 1-leg quick concentric/ eccentric rebounding toe raises 3x20 reps, 5x daily

*Perform every other day



- Exercise A: 2x20 reps, daily
- Exercise B: 3x5 reps, daily
- (increase 2 reps/day up to 15, then add in Exercise C)
- Exercise C: 10 reps, daily (Increase 2 reps/day)

Considerations

· After 1 year, 77% of patients report 'significant improvement' Clear structured progression with pain guidelines



Setting

Anywhere with a stair or box [Phase 3]



Equipment



Stair or box (Phase 3)

Infographic based on Silbernagel et al. Scand | Med Sci Sports 2001;11:197-206. Illustrations by Jeanne Robertson. Infographic by Traven Blaney.

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