

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 $\leq 5/10$, 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:
1-leg eccentric toe raises (use both legs to get into start position)

Other Daily Exercises

- Toe extension/ flexion 3x20s
- Gastrocnemius stretch 3x20s
 knee straight
- Soleus stretch 3x20s
 knee bent
- One leg standing balance 5x30s
- Toe/ heel walk 5x5 meter



Exercise Progression

PHASE 1

– Exercise A: 2x15 reps, 3x daily

Week 1

PHASE 2

- 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)

Weeks 2-3

PHASE 3

- 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

Weeks 4-12

*Perform every other 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 J Med Sci Sports 2001;11:197-206. Illustrations by Jeanne Robertson. Infographic by Taven Blaney.

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