
Achilles Tendinopathy

Non-Operative Treatment Modalities

Eccentric Heel Drop Program

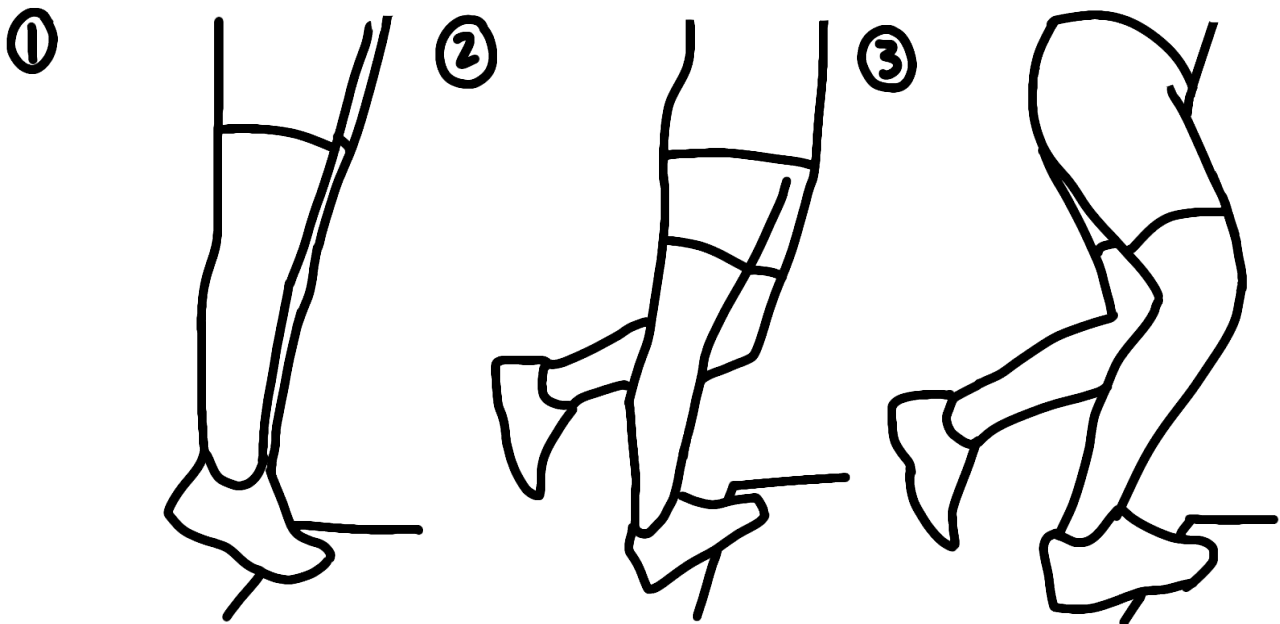
Knee Straight Gastrocnemius Drop

Standing on the edge of a step with both feet, use the unaffected leg to raise yourself onto your tip toes (1). Transfer all your weight to the affected leg and SLOWLY control the weight down so the heel is lowered over the edge of the step (2). After you are all the way down, transfer your weight back onto uninjured leg to lift yourself back onto your tip toes. Perform 3 sets of 15 repetitions, twice a day, 7 days a week for 12 weeks.

Knee Bent Soleus Drop

Standing on the edge of a step with both feet, use the unaffected leg to raise yourself onto your tip toes (1). Transfer all your weight to the affected leg, bending the knee to 45°, and SLOWLY control the weight down so the heel is lowered over the edge of the step while keeping the knee bent at the same angle (3). After you are all the way down, transfer your weight back onto uninjured leg to lift yourself back onto your tip toes. Perform 3 sets of 15 repetitions, twice a day, 7 days a week for 12 weeks.

There should only be mild to moderate discomfort (no more pain than 5/10). Pain must subside to normal level by the following morning and should not increase from week-to-week.



Gastrocnemius Stretching

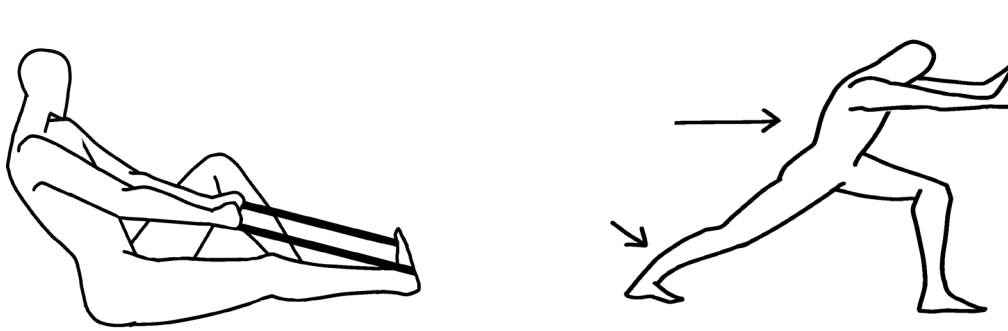
Stretch the calf muscles with the knee extended and the heel centered under the ankle.

Sitting Towel Stretch

Sit with knee straight and towel wrapped around the foot. Gently pull on the towel until a stretch is felt behind the calf. This should be done passively.

Standing Calf Stretch

Stand in front of a wall with the non affected leg in front. The knee in front should be bent. On the affected side, have the hip and knee extended. The foot should be flat on the ground with the heel touching the floor. Lean forward until a stretch is felt behind the calf of the back leg.



Night Splint

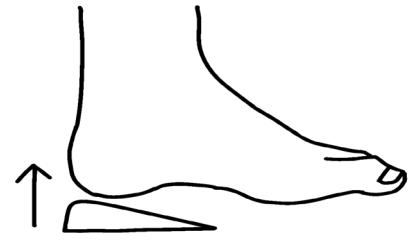
The night splint is an open boot that should be worn at night on the affected side or alternating sides each week if both sides affected. Use with a wedge under the heel if the calves are tight. The straps on either side should be applied loosely. The ankle should be in your ankle's neutral position which could be less than 90deg plantarflexion depending on how tight you are. This should be comfortable and should not feel like the calf is being actively stretched during sleep.



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Heel Lift

A heel lift can be worn inside the shoes, or shoes with a bit of a heel can be worn. This will help to alleviate stress across the Achilles tendon during activities.



***Avoid cortisone injections in the achilles tendon**