

PATIENT INFORMATION

Eccentric Loading Exercises

INTRODUCTION

The Achilles tendon is the largest and strongest tendon in the body. It connects the gastroenemius and soleus muscles of the calf to the calcaneus bone in the heel.

The Achilles tendon can be painful in both athletic and non-athletic individuals.

Due to the amount of evidence for its effectiveness, eccentric exercises should be considered as, or as part of, first line treatment for Achilles pain.

(Pearce, Donley and Calder, 2010)

ECCENTRIC EXERCISE PROTOCOL

EXERCISE A



1A – Knee starts and remains straight.



2A – Push up through the bars until the ankle is fully plantarflexed/on toes.



3A – Drop slowly with weight through the ankle until fully dorsiflexed/heels dropped.

EXERCISE B



1B – Knee starts and remains bent.



2B – Push up through the bars until the ankle is fully plantarflexed/on toes.



3B – Drop slowly with weight through the ankle until fully dorsiflexed/heels dropped.

The eccentric exercise programme should be performed 1-2 times daily, 7 days a week for a minimum of 6 weeks. Start standing with the body weight through the balls of your feet (forefoot), pushing yourself up through your arms until you are standing on your toes/plantarflexion, lowering yourself down through both legs until your heel drops below the forefoot/dorsiflexion.

This exercise should be performed in two ways **a)** with the knee straight and **b)** with the knee bent.

Perform exercise **a)** and **b)** times, resting for one minute, before repeating 3 times (..... reps, sets).

Muscle soreness is expected, but ***do not exceed 4 on a pain scale where 0 is no pain and 10 is rated as the worst pain you could imagine.*** If no discomfort is felt, you may progress to lowering your body weight down through your affected leg only, instead of lowering through both. This will increase the load/stretch through your gastrocnemius, soleus and Achilles tendon.

Important notice – this exercise programme will be supervised by a HPC registered physiotherapist

NOTES

During your contact with us, it is important that you are happy with your care and treatment. Please speak to a member of staff and/or the ward/department Sister/Charge Nurse if you have any questions or concerns.

CONCERNS OR COMPLAINTS

If you have any concerns or complaints, please contact the Therapy Manager, on tel no 01704 704147.

INFECTION CONTROL REQUEST

Preventing infections is a crucial part of our patients' care. To ensure that our standards remain high our staff have regular infection prevention and control training and their practice is monitored in the workplace. We ask patients and visitors to assist us in preventing infections by cleaning their hands at regular intervals and informing staff of areas within the hospital that appear soiled.

As a patient there may be times that you are unsure whether a staff member has cleaned their hands; if in doubt please ask the staff member and they will be only too happy to put your mind at ease by cleaning their hands so that you can see them.

SPECIAL INSTRUCTIONS

This exercise programme will be supervised by a HPC registered Physiotherapist.

ANY CONDITION SPECIFIC DANGER SIGNALS TO LOOK OUT FOR:

N/A

CONTACT INFORMATION IF YOU ARE WORRIED ABOUT YOUR CONDITION

Physiotherapy Department, Southport – 01704 704150
Your Therapist

OTHER USEFUL TELEPHONE NUMBERS/CONTACTS:

NHS 111

Stop Smoking Helpline (Sefton) - 0300 100 1000

Stop Smoking Helpline (West Lancashire) - 0800 328 6297

**Please call 01704 704714 if you need
this leaflet in an alternative format**

Southport and Ormskirk Hospital NHS Trust

Ormskirk & District General Hospital
Wigan Road, Ormskirk, L39 2AZ
Tel: (01695) 577111

Southport & Formby District General Hospital
Town Lane, Kew, Southport, PR8 6PN
Tel: (01704) 547471

FOR APPOINTMENTS

Telephone (01695) 656680
Email soh-tr.appointments@nhs.net

Please remember to complete the **attached Friends and Family Test**.

Alternatively, you can complete the *Friends and Family Test* on-line by going to:

southportandormskirk.nhs.uk/FFT

Thank you

Owner: Berj Kishmishian

Ref: 10/5

Version: 5

Reviewed: February 2022

Next Review: February 2025