

Achilles Tendinitis Exercises

- Best Web Sources -

Research for Achilles Tendinitis & Tendinosis

Garcia CR, Martin RL, Houck J, Wukich DK; Orthopaedic Section of the American Physical Therapy Association. (2010). Achilles pain, stiffness, and muscle power deficits: achilles tendinitis. J Orthop Sports Phys Ther. 2010 Sep;40(9):A1-26.

http://www.jospt.org/issues/id.2480/article_detail.asp

- Very good evidence based summary of things

Jonsson P, Alfredson H, Sunding K, Fahlström M, Cook J. (2008). New regimen for eccentric calf-muscle training in patients with chronic insertional Achilles tendinopathy: results of a pilot study. Br J Sports Med. 2008 Sep;42(9):746-9. Epub 2008 Jan 9.

<http://www.ncbi.nlm.nih.gov/pubmed/18184750>

Kingma JJ, de Knikker R, Wittink HM, Takken T. (2007). Eccentric overload training in patients with chronic Achilles tendinopathy: a systematic review. Br J Sports Med. 2007 Jun;41(6):e3. Epub 2006 Oct 11.

<http://www.ncbi.nlm.nih.gov/pubmed/17035479>

Knobloch K. (2007) Eccentric training in Achilles tendinopathy: is it harmful to tendon microcirculation? Br J Sports Med. 2007 Jun;41(6):e2; discussion e2. Epub 2006 Nov 24.

<http://www.ncbi.nlm.nih.gov/pubmed/17127721>

- Daily eccentric training for Achilles tendinopathy is a safe and easy measure, with beneficial effects on the microcirculatory tendon levels without any evident adverse effects in both mid-portion and insertional Achilles tendinopathy.

- No Achilles tendon rupture or any interruption during the eccentric training was noted among the 59 patients.

Krämer R, Lorenzen J, Vogt PM, Knobloch K. (2010). [Systematic review about eccentric training in chronic achilles tendinopathy]. Sportverletz Sportschaden. 2010 Dec;24(4):204-11. Epub 2010 Dec 14. [Article in German]

<http://www.ncbi.nlm.nih.gov/pubmed/21157656>

- improvement in pain after performing equivalent training protocols of eccentric training in chronic Achilles tendinopathy

van Dijk CN, van Sterkenburg MN, Wiegerinck JI, Karlsson J, Maffulli N. (2011). Terminology for Achilles tendon related disorders. Knee Surg Sports Traumatol Arthrosc. 2011 Jan 11. [Epub ahead of print]

<http://www.ncbi.nlm.nih.gov/pubmed/21222102>