

**ECCENTRIC EXERCISES FOR ACHILLES TENDONITIS**

**INSTRUCTIONS:**

**WEEK 1**

- Day 1 and 2: Perform 1 set of 15 repetitions (1x15), twice a day.
- Day 3 and 4: Perform 2 sets of 15 repetitions (2 x 15), twice a day.
- Day 5, 6 and 7: Perform 3 sets of 15 repetitions (3 x 15), twice a day.

**WEEK 2 – WEEK 12**

- MORNING:** Perform 3 sets of 15 repetitions (3 x 15) with knee extended.  
Perform 3 sets of 15 repetitions (3 x 15) with knee flexed.

- EVENING:** Perform 3 sets of 15 repetitions (3 x 15) with knee extended.  
Perform 3 sets of 15 repetitions (3 x 15) with knee flexed.

---

**EXERCISE STEPS:**



\*\* IN THE PICTURE, THE INJURED LIMB IS MARKED WITH A TAPE\*\*  
\*\* THE PICTURE DEPICTS THE STEPS STARTING FROM THE LEFT (STEP 1) TO THE RIGHT (STEP 4) \*\*

1. Stand at the edge of the stairs.
2. Bend the unaffected limb at the knee and do not put any weight on it.
3. Keeping the **knee bent** of the injured limb, lower your heel slowly as low as possible (eccentric contraction).
4. Using the uninjured limb, come back up to your starting position.
5. Repeat the process 15 times, and that completes 1 set.

---

**EXERCISE STEPS:**



\*\* IN THE PICTURE, THE INJURED LIMB IS MARKED WITH A TAPE\*\*  
\*\* THE PICTURE DEPICTS THE STEPS STARTING FROM THE LEFT (STEP 1) TO THE RIGHT (STEP 4) \*\*

1. Stand at the edge of the stairs.
2. Bend the unaffected limb at the knee and do not put any weight on it.
3. Keeping the **knee straight** of the injured limb, lower your heel slowly as low as possible (eccentric contraction).
4. Using the uninjured limb, come back up to your starting position.
5. Repeat the process 15 times and that completes 1 set.