

Video: Achilles eccentric heel-lowering exercises—Common Running Injuries: Evaluation and Management.mp4

Speaker 1: [00:00:00] Eccentric heel-lowering exercises are the first line of treatment for Achilles tendinopathy and are proven to significantly improve symptoms. For this exercise, the patient stands on a step, with the heel hanging over and able to be lowered horizontal. The patient raises on the affected toe and then slowly lowers the heel. For the more common midportion tendinopathy, the heel should be lowered below horizontal. For insertional tendinopathy, the heels can be lowered to horizontal, and this can be done without a step. Most protocols recommend three sets of 10 heel-lowering exercises be performed daily.