



### ECCENTRIC STRETCHING PROGRAMME

The eccentric stretching programme should be performed twice daily, 7 days a week for 12 weeks. Stand with the body weight on the forefoot of the painful leg and load the calf-muscle by lowering the heel below the forefoot. Push back up with the other leg in order not to concentrically exercise the affected leg or push up on parallel beams to the side. The exercise should be performed with the knee straight and also bent (in order to maximise activation of the soleus).

Each of the 2 exercises is performed 15 times and repeated 3 times (3 reps of 15).

Muscle soreness during the first 2-3 weeks is to be expected. Patients should experience discomfort but not disabling pain. If after a few weeks, the exercise may be performed without even minor pain a weighted back-pack may be added to gradually increase loading of the tendon.

Light jogging on flat ground may be started at 4-6 weeks during the regimen if it is not painful or only causes mild discomfort. Thereafter, activities may be introduced and gradually increased as long as no severe pain in the tendon is felt.

\*\*\*Important - this programme should be supervised by a registered physiotherapist\*\*

Starting position with the ankle in plantar flexion and the knee slightly bent



Eccentric loading of the calf with the knee slightly bent



Eccentric loading of the calf with the knee straight

Increase the load by adding weight in the back-pack

