

Chronic Achilles Tendinopathy

A protocol for physiotherapeutic practice

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Chronic Achilles tendinopathy is a common pathology with an unknown etiology in athletes involved in running and jumping but also occurs in sedentary individuals. Many interventions have been proposed. In the last years however, eccentric exercises have gained more and more attention in this matter. The reason behind it is that desirable structural changes occur during a heavy load eccentric training program.

This protocol is based on evidence based literature and was established for netball players suffering from chronic Achilles tendinopathy. The essential part is an eccentric exercise training regimen, surrounded by other applicable treatment branches. That includes the Dutch Rehaboom with the structured training of speed, strength and endurance in a gradual manner; bringing the athlete back to their activity level before the occurrence of symptoms.

Specifying patients, who this protocol is applicable for, is important. Therefore an intake procedure was included with the most reliable measurement tools amongst others.

A thesis behind the protocol has been created as additional information, explanation about the reasoning behind the choices made during the process and providing background information to the topic.

Keywords: chronic Achilles tendinopathy, eccentric exercises, physiotherapy.