

The Alfredson Protocol

The Alfredson protocol designed for Achilles' tendinopathy is a series of exercises designed for people suffering from Achilles' tendinopathy. The protocol uses the idea of progressive eccentric loading for the Achilles' tendon to enhance the tendon's ability to bear the stressors and forces, in turn, treating the Achilles' tendinopathy.

1. Calf Raise Eccentric | Single Leg (Step) Bent knee

Sets: 3 | Reps: 15 |
Frequency: 2 times per day

Preparation:

- Stand on the edge of a stair step on your toes, lifting your heel as high as you can
- Your heel should hang over the edge

Execution:

- SLOWLY relax your heel down as low as you can, letting your heel dip slightly below the level of the step
- Return to the start position



Stand on tip toes



SLOWLY lower heel

2. Heel Lower | Single Leg (Step) straight leg

Sets: 3 | Reps: 15 |
Frequency: 2 times per day

Preparation:

- Stand on the edge of a stair on your toes

Execution:

- Lower one heel down below the step
- Return to the start position



Stand on tip toes



Lower heel

Stretches and Rolling

Calf rolling is appropriate for both "insertional" and "non-insertional" tendinopathy.

Gentle stretching is appropriate if your tendinopathy is "non-insertional". Avoid stretching with "insertional" tendinopathy unless directed by a physician or physiotherapist.

1. Calf Release (Foam Roller)

Preparation:

- Sit with your calf on a foam roll.

Execution:

- Roll your calf up and down on the roll.
- Stop on tight portions of the calf muscle to allow them to release.



Sit with calf on foam roll



Roll calf up and down roll

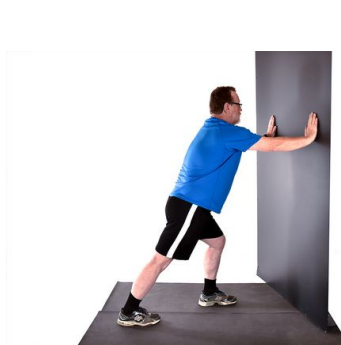
2. Gastrocs Stretch (Wall)

Preparation:

- Stand in front of a wall with one leg forward and one leg back

Execution:

- Keeping your back leg straight and heel on ground, lean forward bending your front knee



Eyes and head forward,
hands relaxed on wall,
belly button pulled in



Bend elbows to move
closer to the wall to
stretch the back leg,
keep front knee behind
toes

3. Soleus Stretch (Wall)

Preparation:

- Stand in front of a wall with one leg forward and one leg back as shown

Execution:

- With the back leg bent, sit back onto your back foot, keeping your heel on the ground



Drop back knee toward ground