

CHANGES IN TENDON THICKNESS ONLY OCCURS IN PATIENTS WITH ACHILLES TENDINOPATHY

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INTRODUCTION

A previous George Fox Study examined the effect of a heavy load eccentric exercise program for patients with achilles tendinopathy (AT) to test the hypothesis of improved outcomes and decreased tendon thickness.

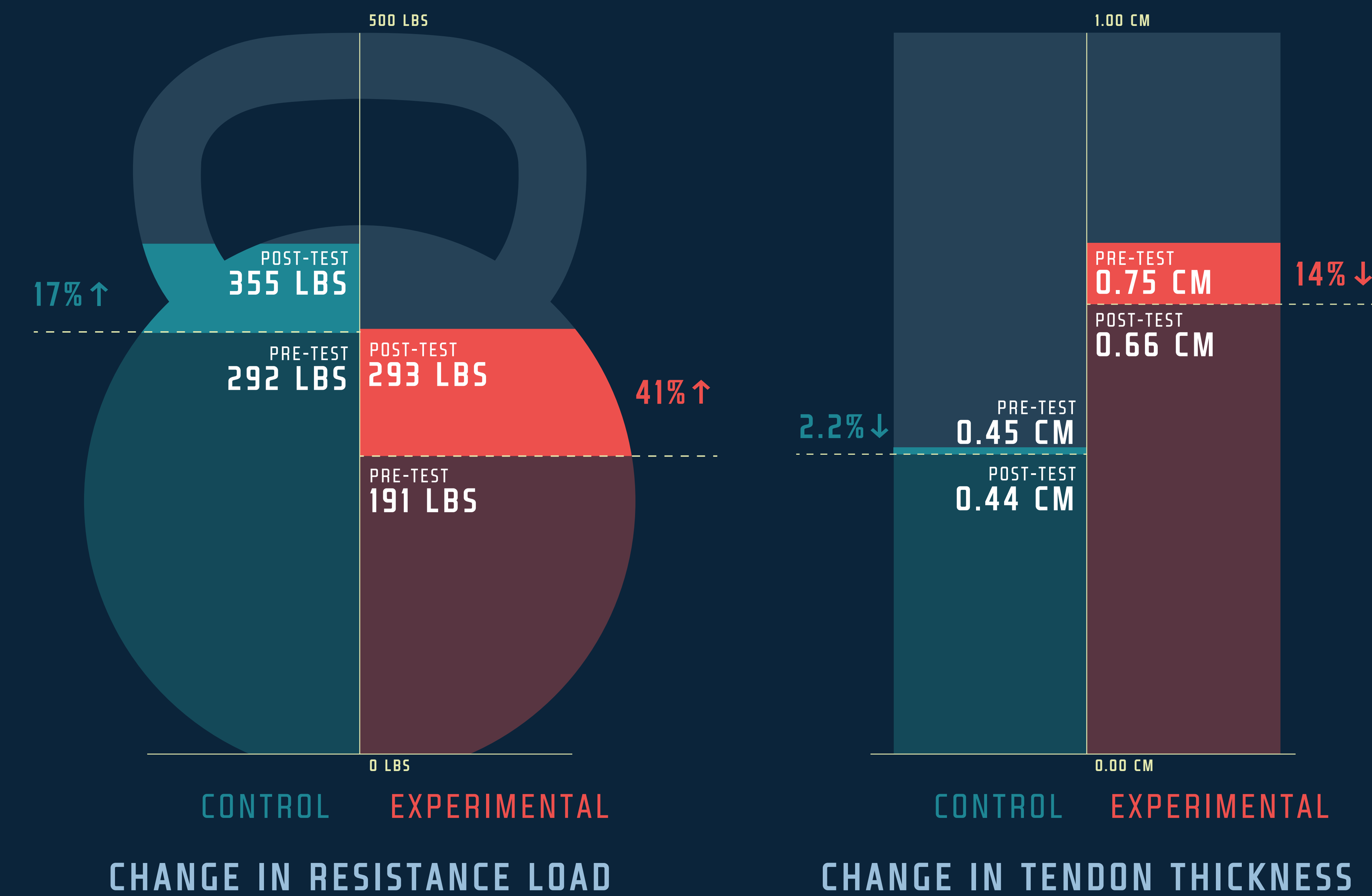
The results included:

- Increased strength
- Decreased pain
- Increased function

HYPOTHESIS

- Tendon thickness
- Loading capacity

RESULTS



DISCUSSION

A decrease in tendon size may be attributed to decreased compliance with eccentric strength protocol. Heavy load protocols best replicate daily loads placed on the body, thus allowing for better tendon repair during rehabilitation.

A limitation of this study was a lack of oversight and guidance in optimizing the load progression. As well as, at 1RM post-testing the sled machine was only able to accommodate up to 450 pounds requiring the addition of external weight sources to increase load.

SUMMARY

- Heavy load eccentric program in individuals without achilles tendinopathy
- Increases strength
- Does not significantly change tendon thickness

REFERENCES



METHODS

x 20 healthy participants

Inclusion:
No history of prior achilles injury/pathology

Exclusion:
Previous history of AT

