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Achilles Tendon Stiffness and Muscle Length Changes During Dynamic Exercises (Poster)

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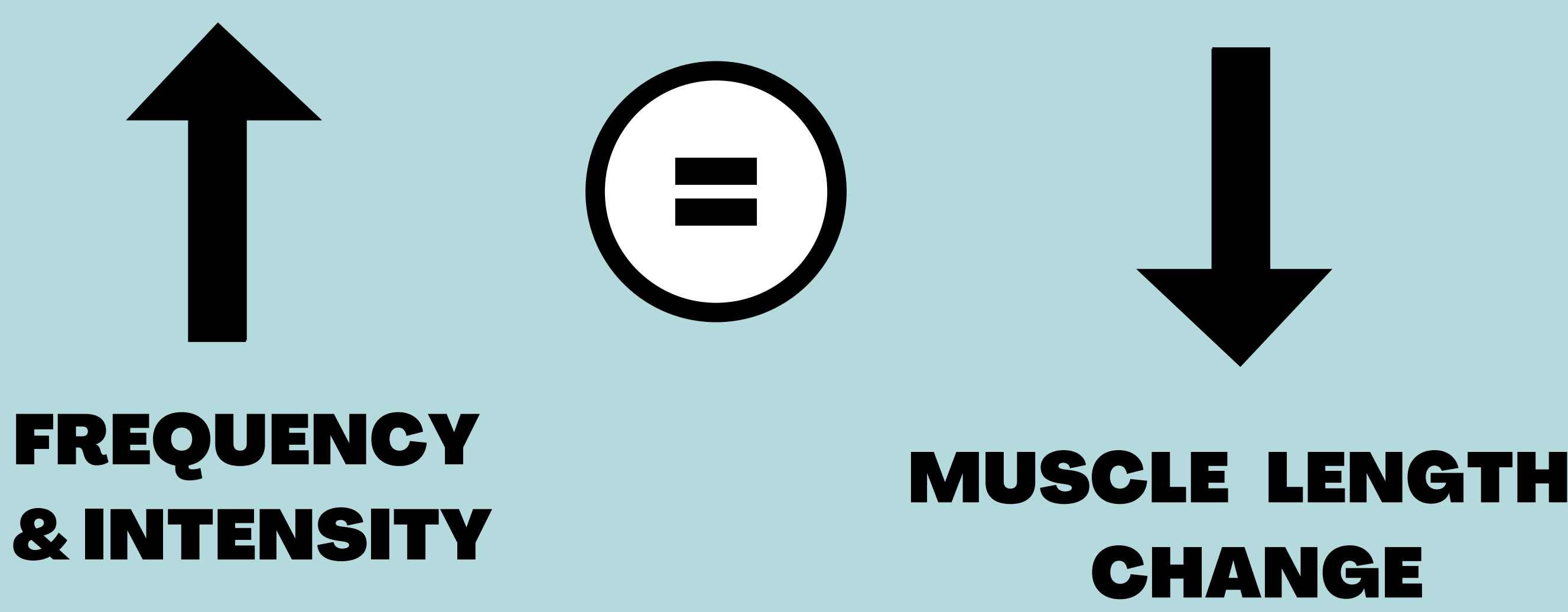
ACHILLES TENDON STIFFNESS AND MUSCLE LENGTH CHANGES DURING DYNAMIC EXERCISES

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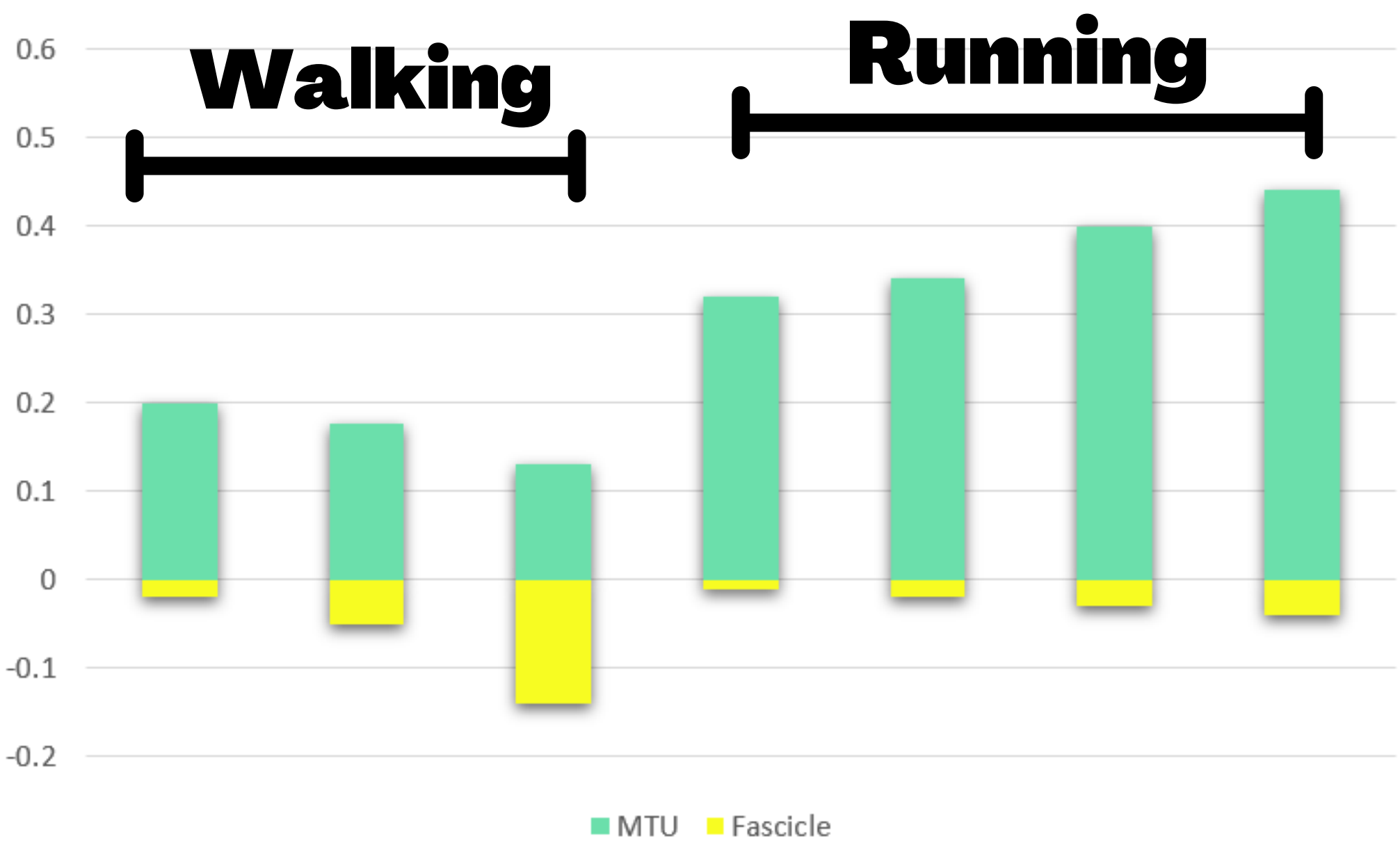
INTRODUCTION

CLINICAL STANDARD (CPG) ACHILLES TENINOPATHY = ECCENTRIC HEEL RISE
20-49% DON'T RESPOND

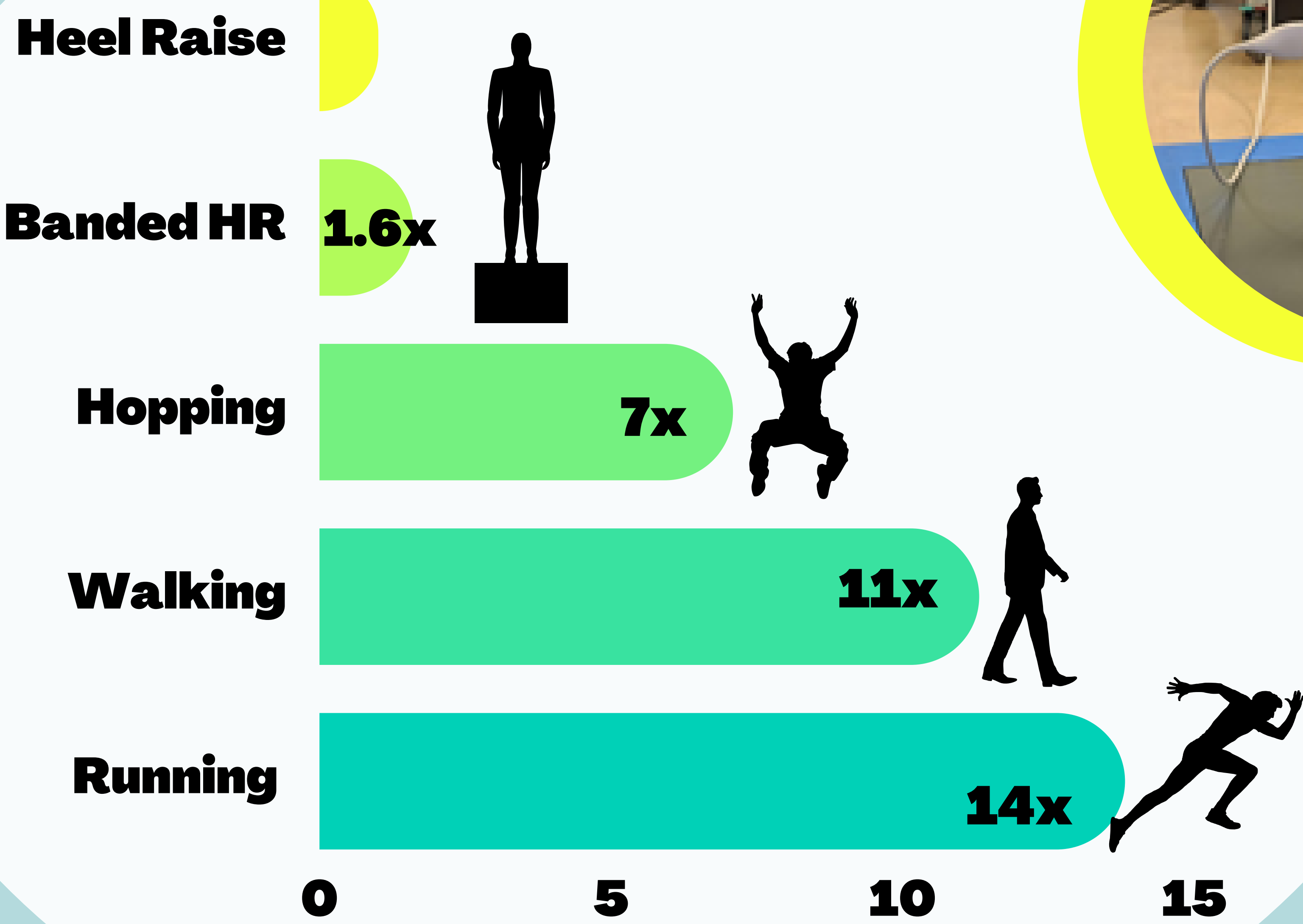
HYPOTHESIS



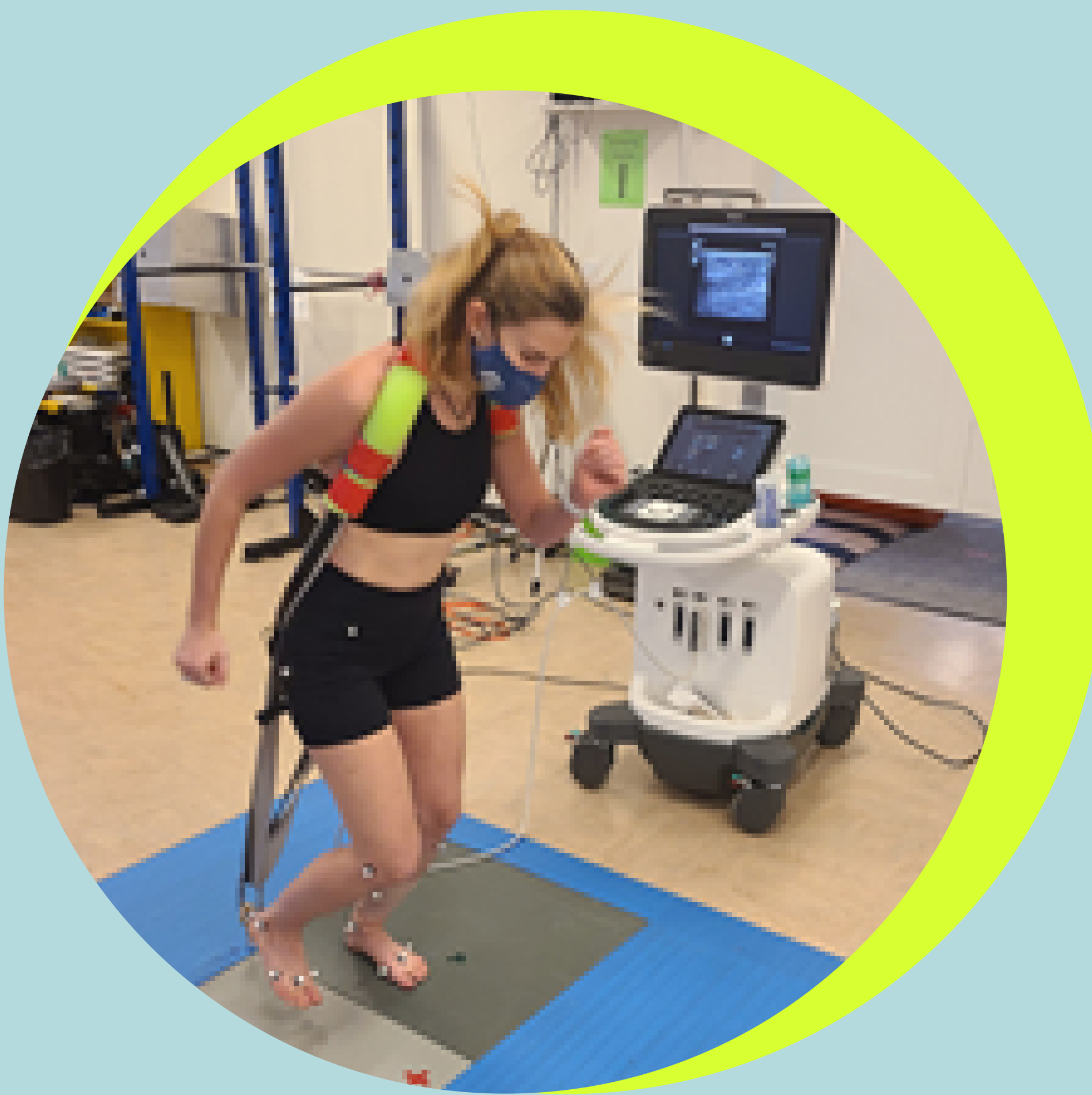
90-10 PRINCIPLE



RESULTS



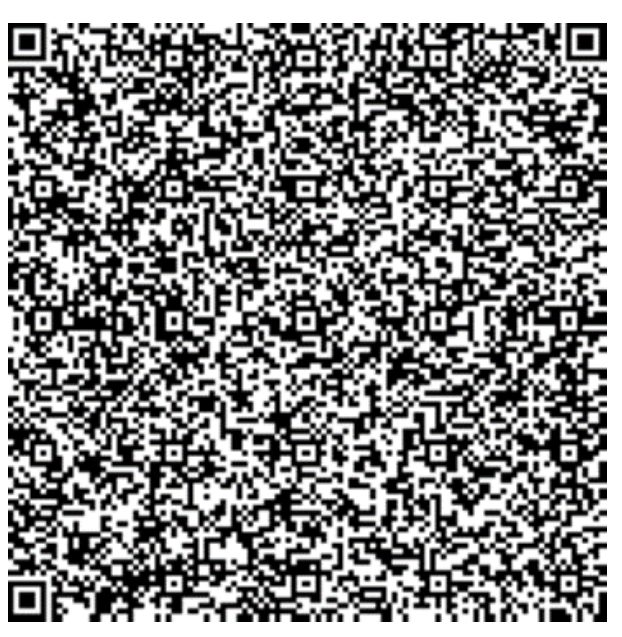
METHODS



SUMMARY

HIGH FREQUENCY = ISOMETRIC MUSCLE BEHAVIOR

REFERENCES



DISCUSSION

ACHILLES TENDINOPATHY TREATMENT

↑ LOAD & FREQUENCY