

73 **NEW REGIMEN FOR ECCENTRIC CALF MUSCLE TRAINING
IN INSERTIONAL ACHILLES TENDINOPATHY: A PILOT
STUDY**

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Chronic painful insertional achilles tendinopathy is seen both in physically active and non-active population. The conventional eccentric protocol which loaded the achilles in

dorsiflexion does not show good result and article reviews refer 32% positive result. The aim of the study was to investigate a model of eccentric training and effect on chronic insertional achilles tendinopathy. 27 patients (12 men and 15 women with mean age of 30) both active and non-active with a total of 34 painful achilles with a mean duration of pain for 6 months participated. Diagnosis of achilles' tendinopathy is through VISA-A questionnaire. Improvement was measured with comparative VISA-A score and subjective satisfaction. New regimen is followed without loading into dorsiflexion. Protocol followed as three sets of 15 rep, twice a day, 7 days a week for 8 weeks. 67% patients showed significant VISA-A score improvement and a VAS decreased from 69.9 (SD 18.9) to 21 (SD 20.6). Rest shows VAS significant reduction but not fully satisfied. The pilot study shows an overall p value <0.001 in 67% satisfied patient. In this short-term pilot study, this new model showed promising clinical result of 67% patients in comparison to 32% as predicted for traditional protocol.