

# PHYSIO4ALL

revitalise – bounce – be healthy

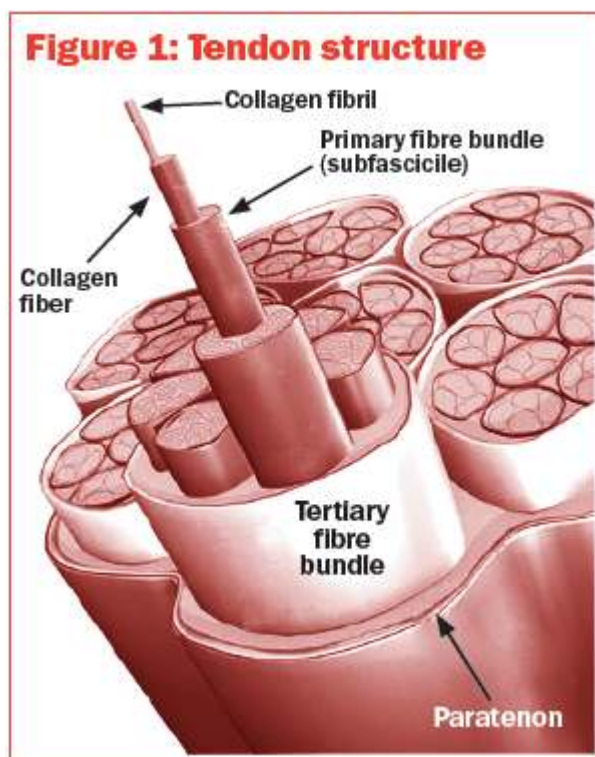
## Benefits of Eccentric Exercises

Painful tendon disorders otherwise known as tendinopathies can occur in all tendons in the body. The most common ones are found in the Achilles tendon, Patellar tendon (thick tendon under the kneecap), tendons in the thumb and forearm. Tendinopathies are a major problem in competitive and recreational sports since they are caused by repetitive mechanical overload. Conservative management options for tendinopathy include modified rest, exercise, analgesics, injections, electrotherapy, identification and correction of possible intrinsic and extrinsic causes. Current research into tendinopathies has shown that eccentric strengthening programs may be effective in the management of tendinopathy. In fact, such exercises have shown to decrease clinical symptoms such as pain and stiffness.

The term eccentric means lengthening of the tendon under a mechanical load. Tendons adapt to alterations in the mechanical load being applied by changing their structure and composition.

Eccentric exercises appear to enhance the mechanical properties of the degenerative tendon by;

- Stimulate collagen fiber synthesis; Fibers that make up the tendon unit
- Increase the mass of the tendon because of the enhanced deposition of type 1 collagen
- Normalize blood flow to degenerative tendons thereby improving healing rate



It is suggested that people suffering from tendinopathy perform 15x3 sets of eccentric exercise two times per day for best results.

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