

## **Eccentric Exercises for Tendonopathy**

Weights (up to 1kg) or flexibands can be used with all exercises below. Emphasise DOWNWARD phase of each exercise where appropriate.

### **Patellar/Knee**

- Squats
- Single leg decline squats
- Side lunges
- Skipping
- Hip flexor stretches
- Hamstring stretches

### **Elbow**

- Bicep curls
- Wrist curls
- Wrist rotations
- Wrist extensions
- Woodchop

### **Achilles**

- Heel raises/single heel raises
- Heel drops
- Flexiband plantar flexion (pointing foot)
- Calf stretches

### **Shoulder**

- Front raises
- Lateral raises
- Internal shoulder rotation
- External shoulder rotations