

Research of the Best Evidence for the Rehabilitation and Health of the Foot and Ankle :

Healthy Feet :

Passes in the grass socked or barefoot

Yoga toes



Big toe stability with 4 way hip strengthening (cable or band) 15->25 rep 2-3sets



Eccentric/negative heels drops single leg before and after running 15 * 3 (knees bent preferred)

Achilles Tendinopathy Heavy Slow Resistance Program



Week 1: 15 rep * 3 sets

Week 2-3: 12*3 sets

Week 3-5: 10 rep * 4 sets

Week 6-8: 8 rep * 4 sets

Week 9-12: 6 rep * 4 sets

**Increase weight and resolved soreness before next session. 3 times/week

[Heavy Slow Resistance Versus Eccentric Training as Treatment for Achilles Tendinopathy: A Randomized Controlled Trial.](#) Beyer R et al. Am J Sports Med. (2015)

Plantar fasciitis:

The patients were instructed to perform the exercises every second day for 3 months. Every heel rise consisted of a 3-s concentric phase (going up) and a 3-s eccentric phase (coming down) with a 2-s isometric phase (pause at the top of the exercise).

1) 12 repetition maximum (RM) for three sets. 12RM is defined as the maximal amount of weight that the patient can lift 12 times through the full range of motion while maintaining proper form.

2) After 2 weeks, they increased the load by using a backpack with books and reduced the number of repetitions to 10RM, simultaneously increasing the number of sets to four.

3) After 4 weeks, they were instructed to perform 8RM and perform five sets. If they could not perform the required number of repetitions, they were instructed to start the exercises using both legs until they were strong enough to perform unilateral heel raises. They were instructed to keep adding books to the backpack as they became stronger



Rathleff, Michael Skovdal, et al. "High-load strength training improves outcome in patients with plantar fasciitis: A randomized controlled trial with 12-month follow-up." *Scandinavian journal of medicine & science in sports* 25.3 (2015).



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