

Do you have Achilles tendon pain, participate regularly in running or running related sports, are otherwise healthy and over the age of 18?

The University of Notre Dame is looking for participants to volunteer to be a part of a trial completing a free 12 week exercise rehabilitation program for the treatment of Achilles tendinopathy under the guidance of experienced Physiotherapists.

Participants will be assessed by a Sports Medicine Doctor and a Sports Physiotherapist to confirm the diagnosis before then undergoing a variety of assessments for muscle strength, tendon structure and pain mechanisms.



If interested please email Myles Murphy at myles.murphy1@my.nd.edu.au to discuss this further and to be provided with a participant information sheet.