Yu J, Park D, Lee G. Effect of eccentric strengthening on pain, muscle strength, endurance, and functional fitness factors in male patients with Achilles tendinopathy. Am J Phys Med Rehabil. 2013;92(1):68-76.

Design: Randomized clinical trial

Purpose of study: to compare the effects of eccentric and concentric exercise rehabilitation programs in the setting of Achilles tendinopathy in young men

Reasons not to cite as evidence:

- The description of the patients is not sufficiently informative
    - They were seen in an orthopedic clinic in Seoul, but it is not clear how they arrived there
    - They may have been referred because of complaints about ankle symptoms, but the reader is told only that there was a diagnosis based on ultrasonographic detection of structural abnormality
- The description of the eccentric exercise intervention in the text and in Table 2 is not very clear, and there are no figures to illustrate what the exercises consisted of
- The outcomes are primarily of interest in a sports medicine setting, and the effects of such interventions on injured workers is very uncertain
- For these reasons, an evidence statement for a workers compensation guideline cannot be formulated