



Know the facts on

Achilles Tendonitis

What is Achilles Tendonitis?

Achilles Tendonitis is literally 'inflammation of the Achilles Tendon'. When the calf muscles contract, they pull on the Achilles Tendon, causing the foot to point down and helping you rise on your toes.

Achilles Pain occurs just above the back of the heel and often you will also experience tightness in the calf muscles. Pain is present with walking and running, especially when pushing off on the toes.



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What causes Achilles Tendonitis?

Achilles Tendonitis pain can develop gradually without any history of problems. It's a common issue for athletes, particularly distance runners. It's a difficult injury to treat in athletes due to their high activity level and reluctance to slow down!

Persistent strain causes irritation and inflammation and may even cause the tendon to rupture. Chronic overuse may also contribute to the degeneration and thickening of the tendon.

What will happen if untreated?

If untreated, Achilles Tendonitis can develop into a chronic condition. The risk of a tendon rupture is also increased. Movement can also become restricted.



What can help?

You should stop the activity that has caused the pain which prevents any further damage and allows the tendon time to heal. You can start to gently introduce activity as the pain decreases but if you feel pain you should stop immediately and rest.

Applying ice to the painful area can help to reduce inflammation. Wrap ice in a towel and apply to the affected area for 10-20 minutes three times a day.

What are the treatment options?

It's important to reduce the load carried through the injured tendon which might unfortunately mean stopping or reducing certain activities.

Your practitioner can develop a tailor-made treatment plan for you and your condition.