

Achilles Tendonitis

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Achilles tendonitis is characterized by pain and swelling in the Achilles tendon. Treatment is usually non-operative and includes an initial period where the symptoms are allowed to settle, followed by a gradual return to activity.

Treatment includes:

- Avoiding aggravating activities;
- Use of a slight heel lift inside the shoe;
- Foot orthosis,
- Anti-inflammatory medications (if tolerated);
- Exercises designed to both stretch and strengthen

There are 3 types of Achilles Tendonitis:

1. Non-Insertional: This is where the inflammation occurs above the insertion point of the Achilles tendon.
2. Insertional: In this type, the pathology is located at the insertion of the Achilles tendon to the heel bone.
3. Achilles rupture: Rupture of the Achilles tendon, usually 2-6cm from the insertion to the heel bone, may not be clinically obvious and may be confused with tendonitis

Orthotic Fabrication:

- **Offload strain on the heel**
- **Deep Heel Cup**
- **Lift or heel on the bottom of the orthotic**
- **Adhesive cushioning added to the inside back of the shoe (Heel counter)**

