



Achilles Tendinopathy

Pain on the back of your heel, typically worse in the morning, during walking/running and when rising onto toes.

The Achilles Tendon is the most common site of tendon pathology in the lower leg. It is susceptible to degeneration (tendinosis), inflammation (tendonitis), and rupture (tearing). The achilles tendon is the large attachment site of the calf muscles into the heel.

TREATMENT:

Treatment is aimed at reducing the inflammation and tension on tendon while restoring tissue strength and mobility. Often times an assessment of walking must be completed. Initially, any painful movements should be avoided and patients must initiate anti-inflammatory strategies (Rest, Ice, Compression, Elevation) and stretches. Physical Therapy can offer additional modalities for inflammation (UltraSound, Interferential Current). Patients may require manual therapy techniques to restore normal biomechanics in the foot and in some cases orthotics are required. Once the symptoms are managed a progressive strengthening program should be implemented. On the backside of this page there are instructions for managing the initial symptoms of this condition. If symptoms persist for longer than 2 weeks, it is best to see a Physical Therapist to help manage this condition.

When tendinosis is present (degenerative changes are the cause of pain and visible swelling is not present).
When tendinitis is present (visible swelling is a present) near the heel bone and the treatment is targeted at reducing inflammation and pain.

Notes:

1- Stretching calf sitting - Repetition:3 / Hold:30



Sit down with one leg outstretched and the other bent. Place a strap around the ball of your outstretched foot and hold the ends of the strap in your hands. Pull up against the strap until you feel a stretch at the back of your leg. Maintain the position. Repeat the above with your other leg.



2- Standing calf stretching - Repetition:3 / Hold:30



Stand and place both hands on a wall, with your feet about half a meter from the wall. Place one leg behind the other and lean your body forward without bending the back knee until you feel a stretch in your back calf. Maintain the stretch and relax.



3- Standing soleus stretching - Repetition:3 / Hold:30



Stand and place both hands on a wall, with your feet about half a meter from the wall. Place one leg behind the other and slowly bend the knees while keeping the heels on the floor until you feel a stretch in the calf of the back leg. Maintain the stretch and relax.

