

ACHILLES TENDONITIS

The Achilles tendon is a band of tissue that connects calf muscles at the back of the lower leg to your heel bone.

Achilles tendinitis is a common injury caused by over use of the tendon.



Causes:

There are many reasons for Achilles Tendonitis. The most common include:

- Exercising without warming up
- Playing sports that require quick stops and changes of direction
- Sudden increase in physical activity without allowing your body to adjust
- Wearing high heels daily or for prolonged duration
- Age. The Achilles tendon weakens with age

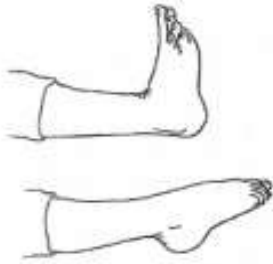
Symptoms:

- Pain/swelling in the back of your heel
- Tight calf muscles
- skin on your heel overly warm to the touch

Treatments:

- Reducing activity
- Very gently stretching your calf muscles
- Icing the area after exercise/when in pain
- Taking anti-inflammatory medication, such as ibuprofen
- Wearing a shoe with a built-up heel to take tension off your Achilles tendon

Stretches for Achilles Tendonitis



1/ Circulation exercise



2/ Sitting toe-raise



3/ Two-legged toe-raise standing on the floor



4/ One-legged toe-raise standing on the floor



5/ Eccentric toe-raise standing on the floor



6/ Two-legged toe-raise standing on a step



7/ One-legged toe-raise standing on a step



8/ Eccentric toe-raise standing on a step



9/ Quick rebounding toe-raise

If you are experiencing pain or discomfort, and feel you may have Achilles Tendonitis, make an appointment with your podiatrist for a full assessment.

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