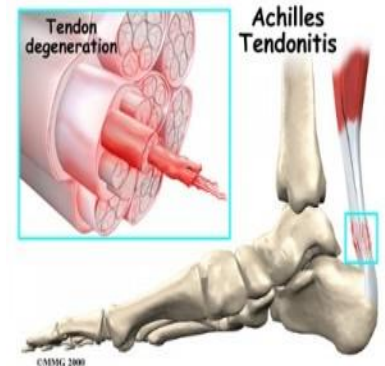




Achilles Tendonitis

It is estimated that Achilles tendonitis accounts for approximately 11 percent of all running related injuries. The Achilles tendon is the large tendon at the back of the ankle which connects the large calf muscles (Gastrocnemius and Soleus) to the heel bone (calcaneus) and provides the power in the push off phase of the gait cycle. The achilles tendon can become inflamed through overuse as well as a number of factors. Achilles tendonitis can be classified by your foot surgeon as acute or chronic. Acute Achilles tendonitis may happen as a result of overuse or training too much too soon, especially on hard surfaces or up hills. Chronic Achilles tendonitis often results from the lack of medical treatment for acute Achilles tendonitis.



Symptoms of Achilles Tendonitis Include:

- Pain on the tendon during exercise or during warm-up.
- Swelling over the Achilles tendon.
- Redness over the skin.
- A feeling similar to that of a creaking when you press your fingers into the tendon and move the foot.

Nonsurgical Treatment Approaches for Achilles Tendonitis Include:

- **Immobilization.** Immobilization (or restricted movement) may involve the use of a cast or removable walking boot to reduce forces through the Achilles tendon and promote healing.
- **Ice.**
- **Oral medications.** Non-steroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen may be helpful in reducing the pain and inflammation in the early stage of the condition.
- **Physical therapy.** Physical therapy may include strengthening exercises, soft-tissue massage/mobilization, gait and running re-education, stretching and ultrasound therapy.
- **Orthotics.** Foot orthotics with heel elevation relieves the stress on the tendon.

If your condition does not respond to non-surgical treatments, a surgical approach may be necessary. Our podiatrists will properly assess your condition and advise you on the best treatment options.

GETTING PEOPLE BACK ON THEIR FEET SINCE 1983