

## OVERVIEW

The Achilles tendon connects the calf muscle to the heel bone (calcaneus), and is the noticeable cord running down the back of the ankle.

Achilles Tendonitis is an inflammation of this tendon causing pain. It is now being more appropriately labeled a tendonosis or degenerative tendon.



## CAUSES OF ACHILLES TENDONITIS

Achilles Tendonosis tends to be an overuse injury related to running, jumping, and climbing inclines. Like Plantar Fasciitis, it is often more prominent at waking and relaxes over the day. A change in workout, such as adding hill or stair climbing can initially cause this inflammation.

## SYMPTOMS OF ACHILLES TENDONITIS

- Pain progresses over time
- Pain in the back of the heel when standing on toes
- Soreness in the back of the heel
- Thickness or noticeable bump on Achilles tendon

## TREATMENT FOR ACHILLES TENDONITIS

- Rest
- Ice
- An over the counter anti-inflammatory such as ibuprofen usually does not adequately relieve symptoms
- Stretching the calf muscles to improve flexion of the ankles can alleviate symptoms
- Heel lift to give slack to the tendon and modifying affecting activities that stress the tendon
- Training modifications including stretching and warm up before vigorous exercise.
- Eccentric exercises that will help the tendon heal. This process takes several months and should be followed by a therapist.

### EXERCISE 1: Eccentric Calf Lowering



#### Instructions:

Begin in a standing upright position, holding onto a chair for support, with both feet on the ground.

Raise up onto your toes. Lift one leg off the floor, then slowly lower your heel to the floor. Repeat this motion. lower your heel.

Make sure that the single leg lowering movement is performed slowly. Try not to let your knee bend as you lower your heel.

### EXERCISE 2: Calf Stretch with Towel



#### Instructions:

Begin in a standing upright position, with the front of one foot resting on a towel roll.

Step forward with your other leg, keeping your back knee straight. Shift your weight forward until you feel a stretch in your calf.

Make sure to keep your back knee straight during the stretch.

#### Important:

The therapeutic exercises described on this page are for reference purposes only and may or may not apply directly to your condition. Only perform the exercises assigned by your physician. By using this information, you understand the potential risks connected with activity in any exercise, physical fitness or training program.