

# Achilles Tendinopathy / Achilles Tendon Pain

## Advice and Exercises

### What is Achilles Tendinopathy

The Achilles tendon is the large tendon at the back of the ankle. It connects the large calf muscles to the heel bone. Just like joints, the Achilles tendon is also subject to wear and tear or degeneration and this can result in Achilles Tendinopathy.

### What are the symptoms?

- Pain and stiffness up the back of the ankle, especially in the morning. The symptoms normally start gradually
- Pain whilst running or walking, especially uphill or on stairs. It may subside with rest
- The tendon may feel hot and swollen and may feel lumpy to touch

### Possible causes

Anything that places increased stress on the Achilles tendon may produce symptoms. There are a number of possible causes, which include the following:

- Poor ankle/foot mechanics, for example, flat footedness
- Poor conditioning: weakness and/or tightness of the calf muscles
- Overuse, such as repetitive uphill running

### What treatment can I use?

Medications can be taken to help ease the pain and inflammation. If your GP or pharmacist has prescribe pain killers, then these should be taken at the recommended dose

Cold Packs (ice pack or frozen peas wrapped in a damp towel) can also provide short-term pain relief. Apply to the sore area for up to 15 minutes, every few hours.

Rest the tendon by reducing the amount of running/walking you do.

Shoe wear: a heel lift shoe insert can be worm (in both shoes) to reduce the stretch on the tendon. Make sure the back of your shoes does not rub on the painful area.

Stretching the tendon can help reduce pain.

## Exercise

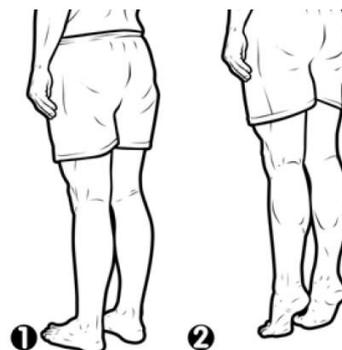
The following exercises may help to relieve symptoms. These should not increase your pain. If they do, stop. Perform each exercise gently and slowly, only moving as far as feels comfortable. If you have used ice, allow 30 minutes before exercising. Complete 2-3 times per day.

### **DOUBLE-LEG CALF RAISE**

Standing, slowly raise up onto your toes to where you are comfortable.

SETS & REPS: 3 x 12-16

FREQUENCY: 1 x day



### **STATIC WALL PUSHES**

Push your toes into the wall. Hold x 6 seconds and relax. Repeat x 5

FREQUENCY: 4 x a day



Exercise Illustrations: © TheRehabLab

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