

Achilles Tendonitis

What is Achilles Tendonitis?

Achilles tendonitis is inflammation of the Achilles Tendon at the back of the heel/ankle.

It is caused by trauma to, or degeneration of, the Achilles tendon. It may be affected by poor foot position, (for example; flat foot).

What are the symptoms of Achilles Tendonitis?

- Pain at the back of the heel/ ankle made worse with walking, running, stairs or walking up hills/inclines.
- Pain on stretching of the Achilles Tendon.
- Stiffness and pain in the Achilles tendon especially first thing in the morning.
- Swelling over the Achilles tendon.

Treatment of Achilles Tendonitis:

- **Stretches:** Stretches have been shown to help with Achilles Tendonitis.

Calf stretch:



Stand in a walking position with the bad leg behind. Keep the bad leg straight and bend the front knee until you feel a comfortable stretch in the back of the calf.
Hold for 30 seconds.
Repeat 3 times.

What else may help?:

Your GP may:

- Prescribe you some pain relieving medication.
- May refer you to a Podiatrist for a foot assessment if your symptoms do not settle.
- May refer you to a Physiotherapists if you symptoms do not settle.

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