



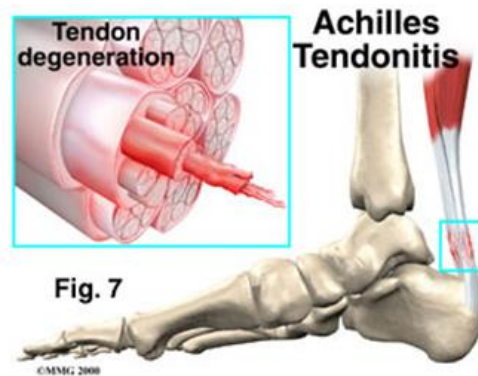
Achilles tendonitis:

What is it?

Achilles tendonitis is painful inflammation of the Achilles tendon. Some patients develop a tender lump in their Achilles tendon at the back of the ankle and heel. The Achilles tendon does not have good blood supply so it can be slow to heal and is prone to chronic scarring called “tendinosis” or “tendinopathy”. Achilles tendonitis is commonly found in runners.

What causes it?

Sometimes we can't identify a specific cause for Achilles tendonitis. However, most Achilles tendonitis is an overuse injury. Common risk factors include: sudden increase in running or jumping, tight calf muscles, worn out shoes, flat feet, abnormal alignment of the leg, leg length discrepancy, and even some antibiotics.



Acute Treatment:

- Relative rest – decrease jumping, running (especially hills) – most important step!
- Good warm-up before exercise including stretching hamstrings and calf muscles
- Anti-inflammatory medicine (ie: Ibuprofen, Aleve or topical Voltaren cream)
- Cross train (ie: swimming, water running, elliptical, cycling, etc.)
- Ice area after exercise
- Good footwear, heel lifts
- Physical Therapy – can quicken recovery
- Walking boot – short term immobilization of the Achilles tendon