

Achilles Tendonitis

What is it?

Achilles tendonitis is pain coming from the tendon above your heel bone usually due to overusing your muscles. This usually occurs because of too much walking or running.

What does it feel like?

- First step in the morning is usually painful and can be sharp
- Hurts to touch the area above your heel
- Pain with standing or walking, especially when pushing off with your painful side.

What to do:

- Initially try to avoid activities that hurt
- Place ice where it hurts: ice packs 10 minutes at a time, every 1-2 hours. If it is too cold then place a thin paper towel between skin and ice.
- Stretching exercises for the foot and ankle
- Strength and balance exercises for the foot, ankle, and leg
- Gradually return to previous activities without pain.

Exercises:

- Calf stretching:



- For the above exercises, bring one foot behind opposite leg and hold for 60 seconds. In the picture on the right make sure to bend both knees with the stretch.

- Calf strengthening:



- For the above exercise, raise up off heels onto toes and slowly lower back onto heels.

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Exercises:



- Lie onto side with knees bent - lift knee up and hold 5 seconds. Repeat 20 times 2 x day