

Achilles Tendonitis

The Achilles tendon lies just below the calf muscle belly and attaches to the back of the heel bone. It is most active while doing activities requiring push-off and/or incline. When it becomes inflamed, it most commonly presents at its insertion on the heel, but may also present in the tendon as well. Achilles tendonitis can present in all age groups and activity levels. Your structural foot type, shoe gear, and lifestyle contribute greatly to the development of this condition.

Treatment includes:

1. **STRETCHING**- Calf stretches 3-5 times/day, especially **before** any sports. See the figure below:



2. **Ice** 2-3 times/day at 15 minute intervals, especially **after** any sports.
3. Wear appropriate, **supportive shoe gear**. Avoid bare feet/flip-flops.
4. Wear **sport orthotics** as directed by doctor.
5. Use a **heel lift** as advised by your doctor to reduce pull on the tendon.
6. Take **anti-inflammatories** as directed by doctor before and after sports.
7. Temporarily discontinue any sports that aggravate this condition or try switching to a non-impact activity.
8. Temporary immobilization in a cast.

This may take several weeks to months to resolve completely. If you do not notice any improvement within a few weeks of starting the above regimen, there are more aggressive treatment options available. We can discuss them at that time.