

Achilles Tendinopathy

Achilles tendinopathy is a condition that causes pain, swelling and stiffness of the Achilles tendon. This tendon joins your heel bone to your calf muscles. It is thought to be caused by repeated tiny injuries to the Achilles tendon. These may occur for a number of reasons, including overuse of the tendon

Achilles Tendonitis



Pain

Give your feet a rest. Cut back temporarily on activities that make your tendon hurt. Try not to walk or run on hard surfaces. In order to decrease the amount of weight on your foot you may need to use a cane. Wear comfortable shoes with the heel a bit higher than the forefoot to relief the tension over the Achille's tendon. Make sure the shoe does not rub against the tendon. Keep practicing aerobic activities which do not affect the pain like biking or swimming. To avoid increased pain, measure your efforts by adjusting the intensity and/or duration of activities.

Ice

You can apply ice (a bag of frozen vegetables, a gel ice pack, crushed ice) to the ankle for 10-15 minutes every 2-3 hours. Always apply a wet towel between the ice and your skin. Ice can help you to reduce the pain.

Exercises:

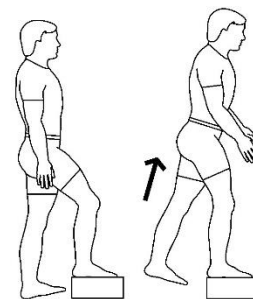
It is normal to feel discomfort and pain after the exercises. The pain should not persist later than 20 minutes after the exercises.

If an exercise increases the pain, reduce the intensity or the number of repetitions. The important thing is to go gradually.

Number 1

Stand with one foot on a bench or a step. Keep your kneecap aligned with your second toe and raise your body onto the bench or the step.

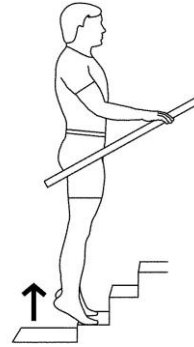
10 repetitions, 3 times a day



Number 2

Stand on the edge of a step holding onto the railing, your heels should not be in contact with the step. Lift up onto your toes.

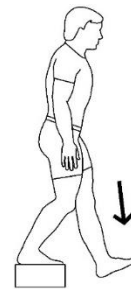
Hold 5 sec. Do 10 repetitions, twice a day.

**Number 3**

Stand on a bench or a step at a small height. Slowly lower one foot to the ground or to the next step. Keep your kneecap aligned with your second toe.

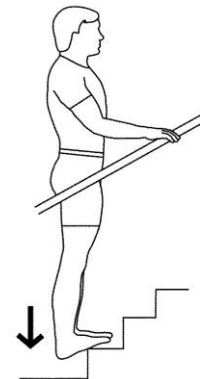
Gradually, increase the height of the step.

Do 10 repetitions, twice a day.

**Number 4**

Stand at the edge of a step, your heels off the step. Allow your heels to drop down as far as possible until you feel a stretch in your calves.

Hold 5 sec. Do 10 repetitions, twice a day.

**Number 5**

Stand facing a wall. Place your hands on the wall. Put your good foot in front and your bad foot behind. Keep your back foot in contact with the floor and transfer your weight forward by bending your front knee until you feel a stretch in the calf.

Hold the position for 20 to 30 seconds.

Repeat 3 times. Do it twice a day.

