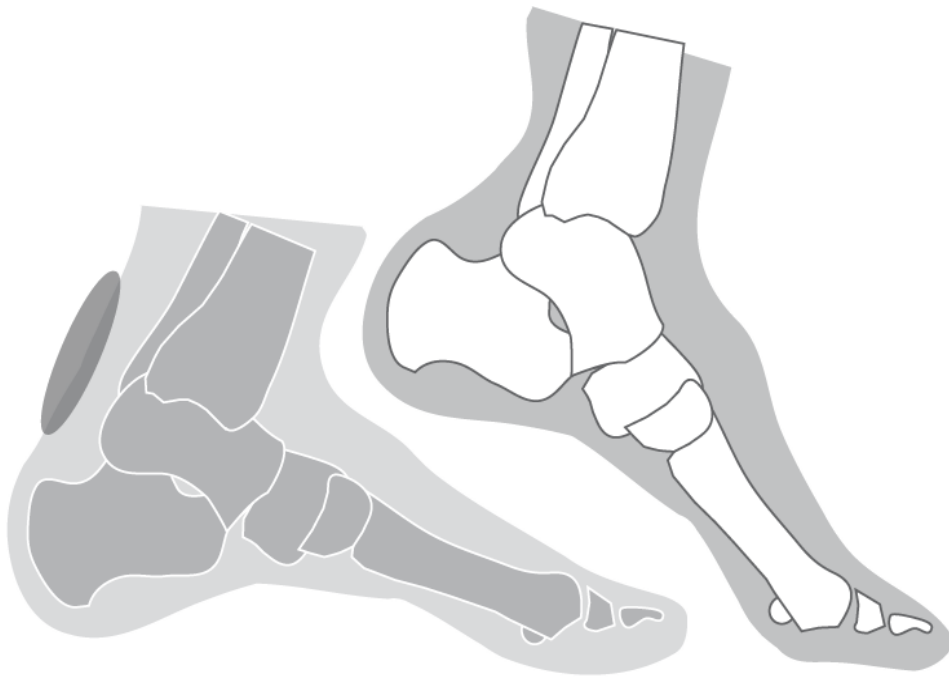




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# ACHILLES' TENDINOPATHY

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READ THIS FOR INFORMATION ABOUT ACHILLES' TENDINOPATHY AND  
BOOK WITH OUR **FOOT DOCTOR** TODAY!

## What is it ?

The Achilles tendon is damaged by repeated small amounts of extra strain that accumulate and cause wear and tear on the tendon (an 'overuse' injury).

## Who gets it ?

Achilles tendonitis is a very common condition. People who develop it were found to have weak calf muscles and have heels that 'rock' from side to side a lot when walking or running (usually seen with flat or 'pronated' feet)

## Why is it important to treat it?

Treatment aims to resolve pain, but also if left untreated, the tendon may degenerate and could tear or rupture. This reduces the power of the foot to push the body forward when walking. Slower walking or a limp may result, putting additional strain on other areas of the body.

## How is it treated?

The mainstay of treatment is to strengthen the tendon with exercises and reduce excessive motion of the heel with insoles.

Additionally we may give you strapping to rest the tendon or a splint to wear at night to help prevent the tendon contracting overnight. This can be particularly useful if most of your pain occurs on the first footstep out of bed in the morning.

Sometimes we may give a course of laser therapy to help heal damage in the tendon and use acupuncture to help resolve pain and improve the flexibility of the calf muscle.

## What do you need to do?

Exercises have been shown to be the most effective treatment for this condition. If the pain is severe, the exercises in these leaflet are a gentle introduction. There is another stage of exercises if these are too easy

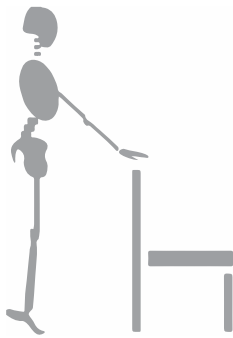
## Achilles workout

Warm up first by doing 5 to 10 min warm-up of gentle exercise, preferably non-weight bearing, such as cycling. If you are unable to do this, walk around the room a few times.

► **Level 1:**

On your uninjured leg, go up on your toes keeping your knee straight. (other leg should be lifted slightly off the ground). Place the ball of the injured leg down and lower slowly with both legs until heels reach the floor. Repeat for 10 times (1 set). Perform three sets with 30 seconds rests between sets.

The final set of repetitions should feel hard, but not painful. If the next day the workout feels the same or easier, then increase the level of difficulty the next day until level 6. This may take from a few weeks to months, particularly if you have had it for Achilles tendonitis for a long time.



**Progression:**

Using the same technique, perform a bent-legged heel raise. The knee should be slightly bent. At all levels, the recommended programme is 3 sets x 10 reps with 30 sec rest between sets.

► **Level 2:**

heel raise with both legs for lowering and raising phases.

► **Level 3:**

heel raise with the uninjured leg alone during the raising phase and the injured leg alone during the lowering phase.

► **Level 4:**

heel raise with both legs during the raising phase and the injured leg alone during the lowering phase.

► **Level 5:**

heel raise lowering and raising with only the injured leg. Build up to twice a day and 15 each set

► **Level 6:**

heel raise but with the ball of the foot placed upon a step. Raise on the injured leg and lowers down on the injured leg, straight-leg calf raise and then bent-leg calf raise.

