

Achilles Tendinitis

Waikato Podiatry - Patient Information



What might be the cause?

Some of the most common causes are:

- Poor blood supply to the area
- Irritation of the tendon due to pressure
- Common Bio-mechanical factors:
 - Too much movement (hypermobility).
 - Too little movement (hypomobility)
 - Hyper-pronation (rolling inwards)
 - Faulty bio-mechanics
 - Injury to the tendon

• Sports – a wide range, including long distance running or any lunging activity.

Training errors – eg/ too many hills, too much too soon, excessively hard, or soft surfaces.

Footwear – old, or poor “new” shoe choice.

- Age – tendons become less elastic with age. This is evident in that the average age of someone who ruptures the Achilles, is 39 years.

What is it?

Achilles Tendinopathy (AT) refers to pain in the Achilles Tendon. This tendon (tendons join muscle to bone), is responsible for attaching the calf muscles to the heel bone. It is one of the largest and strongest tendons in the body (able to withstand forces of up to x 12 bodyweight).

How do I know if I have it?

With AT, the back of the heel and lower leg is often red, swollen and frequently painful.

Pain may be increased upon rising in the morning or during times of increased activity such as sports.

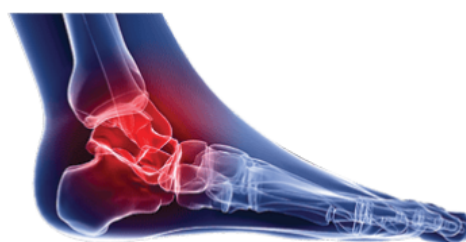
There are several different structures that may get sore around the Achilles Tendon. These include such things as paratendonitis, partial tears, ruptures, focal degeneration, ankle impingement and retrocalcaneal bursitis (heel bump).

How can it be treated?

Our treatment begins with:

- A full history of the injury
- Assessment of your Achilles Tendon
- Bio-mechanical evaluation
- Gait assessment

From here, the aim is to remove as many of the predisposing factors as possible, rest the stressed tissues and increase the overall efficiency of your gait pattern.



Pain Reduction

The treatment plan for Achilles Tendinitis often involves stretching and strengthening programmes, and issuing of a prescription orthotic.

Orthotics are shoe inserts that reduce the compensation to bio-mechanical problems, unload the stress of injured tissue with increased efficiency in gait.

All this with a view to getting you back into your activities again pain free!



Still in Pain?

Are you are feeling like you have tried everything but are still in pain?

Do you feel like you have seen every health practitioner you can about your heel pain?

We have a track record of diagnosing and successfully treating Achilles Tendinitis cases that have previously proven difficult to resolve and we'd love to help you get back on your feet doing what you love.

***Providing the people of Waikato
with a centre of podiatry excellence***

Contact Us

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Call us or drop us an e-mail & we'll get back to you as soon as possible to discuss your AT pain and possible solutions.



Waikato Podiatry Clinic

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Long Term Solution

As with most conditions getting the correct diagnosis in the first place is so important. The sooner you get a correct diagnosis and treatment starts, the sooner you will be pain free.

Achilles Tendinopathy may give worse pain in the morning when rising, or during times of increased activity such as sports.

Following a treatment plan involving stretching and strengthening programmes as prescribed by your podiatrist, and wearing prescribed orthotics in all shoes is vital.

The type of insole used will be dependant on a number of factors like what sort of shoes you wear, sports involvement, length and duration of the problem, as well as previous treatments. So insole choice is best discussed with your podiatrist.

Over the counter insoles can help some people. But bear in mind you may not have over the counter feet.

You play a very important role in your own rehabilitation. Following prescribed guidance may make all the difference to you making a full recovery.

