



## *FOOT NOTES*

# ACHILLES TENDINITIS

Achilles tendinitis is an overuse injury that causes pain along the back of the leg near the heel. The pain associated with Achilles Tendinitis typically begins as a mild ache in the back of the leg or above the heel after daily, running or other sports activities.

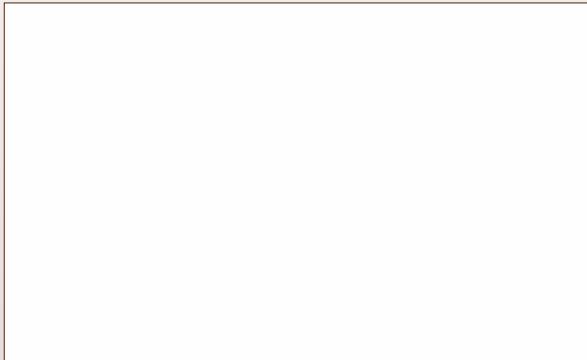
### **Predisposing Factors:**

1. The Tendon Achilles weakens with age, which makes it more susceptible to injury.
2. Flat feet put more strain on the Achilles Tendon.
3. Training terrains, uneven ground or uphill predispose you to Achilles injury.
4. Medications: certain antibiotics like “fluoroquinolones” have been associated with higher rates of Achilles tendinitis.
5. Medical conditions: people with diabetes or high blood pressure are at a higher risk of developing Achilles Tendinitis.

### **Clinical Presentation:**

1. Pain and stiffness along the Achilles Tendon.
2. Pain worsens with activity.
3. Thickening of the tendon.

Courtesy of



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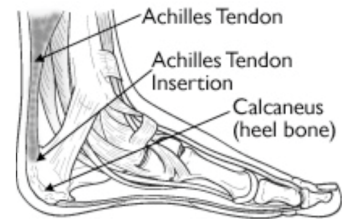
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## TREATMENTS:

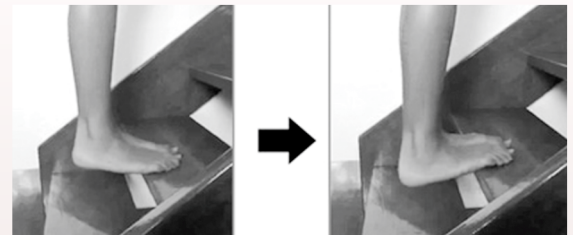
This condition can be treated by conservative measures:



1. **RICE** - Rest Ice Compression Elevation
2. **NSAIDS**: anti-inflammatory pill may help reduce the inflammation, however this is not a long term answer.
3. **Orthotics**: custom devices to help prevent abnormal compensations due to biomechanical abnormalities.
4. **Heel lift**: raising the heel helps relieve stresses applied to the foot by the calf. This should be used with proper stretching.
5. **Tendon Taping**: help support the Achilles Tendon by limiting excessive or abnormal anatomical movement.
6. **Night Splints**: helps keep the calf muscle in an elongated position overnight and prevents tightness of the muscle group.
7. **Stretching**: designed to help loosen the calf muscle which relieves the stress applied to the Achilles Tendon. This is especially important to avoid a recurrence of Achilles Tendinitis.



- **Example stretch**: Stand on a stair edge and allow your heel to drop lower than the step, hold for 10 seconds and return to 90°. Repeat 10 times.



8. **Ultrasound/Laser Therapy**: photochemical responses or sound waves in the tissue help to control pain and accelerate healing.
9. **Proper supportive footwear**: supportive shoes with heel cushioning and rigid heel counter can assist in healing the injury.
10. **Casting**: only used in severe cases. Surgery: may be needed to help repair the torn Achilles.