

### What is the Achilles Tendonitis?

Achilles tendonitis is a painful inflammation about the Achilles or Calcaneal tendon. The Achilles tendon transmits the power generated in the calf muscles to the heel for the push off of the foot

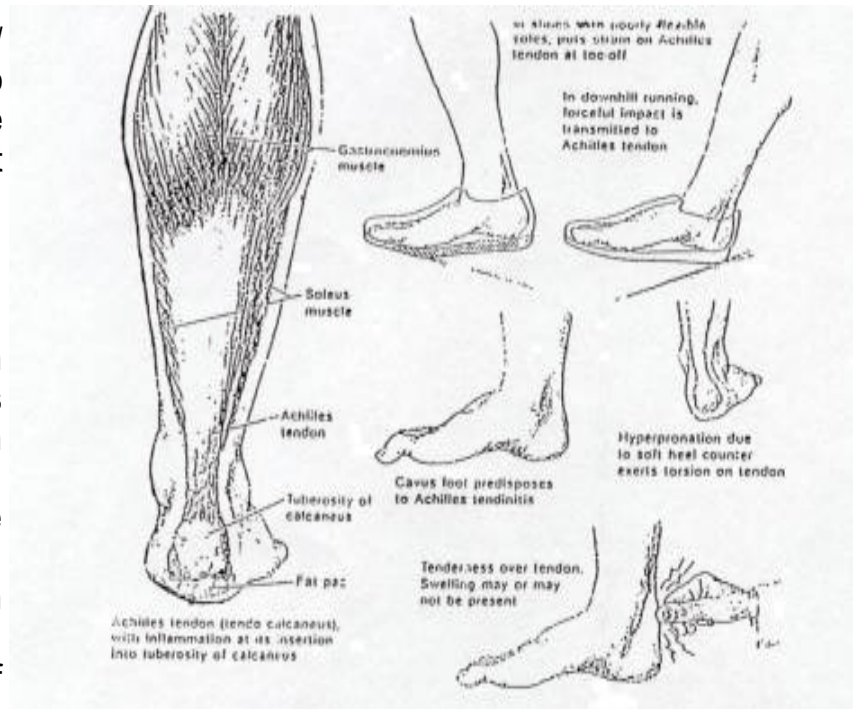
### How does injury happen?

Repetitive use of the muscle/tendon complex can lead to small cumulative tears in the tendon and a resultant inflammatory response.

### Signs and symptoms?

It is characterised by:

- A burning pain early in exercise becomes less severe during and then worsens after the exercise.
- The pain may be worse first thing in the morning.
- Tenderness in the tendon 4-5cm above the heel.
- Swelling and redness of the tendon.



### What should I do if I think I have Achilles Tendonitis?

The treatment depends mostly on the severity of the injury therefore it is essential to see a doctor or physiotherapist as soon as possible. Early management of the injury can be important in reducing the severity of the injury and should begin as soon as the injury occurs.

### What is the treatment for Achilles Tendonitis?

As with all sporting conditions, correct diagnosis and treatment should be encouraged. The primary treatments for this condition are:

- Rest from or modification of the pain producing activities.
- Eccentric rehabilitation program of the muscle/tendon complex, using ice and active exercises.
- Gentle stretching of the hamstring and calf muscles but not to the point of pain.
- Correction of biomechanical abnormalities and attention to the shoe.
- Possible anti-inflammatory medication and corticosteroid injection.

**If you think you have Achilles Tendonitis, call Armadale Central Physio on 9399 5020 for an assessment and diagnosis**