

Condition: Achilles Tendonitis

Symptoms

- Pain and stiffness along the Achilles tendon in the morning
- Pain along the tendon or back of the heel that worsens with activity
- Severe pain the day after exercising
- Thickening of the tendon

Clinical Examination Findings

- Tenderness on palpation of the Achilles tendon
- Swelling along the tendon
- Pain with passive dorsiflexion of the foot

Diagnosis

Achilles tendonitis is an overuse injury of the Achilles tendon, the band of tissue that connects calf muscles at the back of the lower leg to your heel bone.

Treatment Goals

- Primary: Reduce pain and inflammation
- Secondary: Promote healing of the tendon
- Ultimate: Prevent recurrence and return to full activity

Recommended Treatment and Management

- Rest and avoiding activities that exacerbate the symptoms
- Ice to reduce pain and swelling
- Over-the-counter pain relievers
- Eccentric strengthening exercises
- Physical therapy
- **Custom Feet Orthotic devices to correct foot misalignment**

At-Home Management

- Calf stretches and strengthening exercises
- **Use of Custom Feet orthotic insoles**
- Apply ice after activities
- Adequate rest between physical activities

Additional Information

Early treatment usually results in better outcomes. Chronic cases may require more intensive therapy or even surgical intervention.

Calf Stretch

- Start Position
 - Stand facing a wall approximately an arm's length away.
 - Place your hands on the wall at shoulder level.
- Movement
 - Step one foot back, keeping it straight with your heel flat on the ground.
 - The other foot should be in front of you, knee bent.
 - Keep your back straight and hips facing forward.
- Hold
 - Lean into the wall, pressing your back heel into the floor.
 - You should feel a stretch in the calf of your back leg.
 - Hold this position for 15-30 seconds.
- Repeat
 - Return to the starting position and switch legs.
 - Repeat 2-3 times on each leg.

****Stretch to the point where you feel a comfortable tension but no pain****



Eccentric Calf Raises

- Start Position:
 - Similar to regular calf raises but begin on an elevated surface (such as a step).
- Movement:
 - Lift both heels up simultaneously.
 - Lower one heel down below the level of the step slowly, taking about 3-4 seconds.
 - Use the opposite foot or a wall for support if needed.
- Repetitions:
 - Perform 2 sets of 10-15 repetitions for each leg.

