

ACHILLES TENDON INJURIES

Address the injury immediately: it will get worse if not addressed

Unless your Achilles pain is severe or you're unable to walk, you can try the following:

Rest from all activities that cause pain, especially running, impact cardio class and jumping.

Ice a minimum of 2-3x/day. Crushed ice in a plastic bag can be used, placed over the Achilles for 15 minutes.

Anti-inflammatories: Preferably used topically (eg Voltarol Emugel 3-4 times daily). Oral Ibuprofen may be used (unless contraindicated).

Shoes that have a firm arch support and well-cushioned heel help reduce the tension in the tendon.

Change shoes that show excess wear and try putting an additional heel raise or arch support in both shoes.

STRETCH - to reduce tension along the Achilles tendon

Technique: Warm up until you start to sweat, stretch to a gentle pull and hold without bouncing for 20 seconds.

Frequency: 6 repetitions, at least twice daily.

TO RELIEVE PAIN AND SPEED RECOVERY

Calf Stretch

- Stand with your feet pointed forward
- Keep your heels down and back leg straight.
- Slowly bend the front leg until you feel a gentle upper calf stretch in the back leg.



Heel Stretch

- Stand with your feet pointed forward and heels down.
- Slowly bend the back leg until you feel a gentle lower calf or heel stretch along that leg.



STRENGTHEN - the calf muscles and Achilles tendon to prevent injury. Do 3 sets of 10 repetitions, 6-7 days per week. **Technique:** Start by strengthening the calf muscles; when you can do these painfree, start the Achilles strengthening.

Calf Muscles

1. Slowly rise up on your toes.
2. Slowly lower your heels.



Achilles Tendon

(must be pain free before attempting)

Stand with your heels hanging off a step. Rise on your toes, then quickly drop your heels down.

Stop if you feel pain during the first two sets.



Physiotherapy should include more exercises to progressively strengthen the tendon, lower leg and core muscles, improve flexibility, and change biomechanical factors.

If these approaches are not successful, **see a doctor** to ensure the diagnosis is correct and to progress treatment. Other therapies are available.