

What is Achilles Tendonitis?

Achilles Tendonitis is Latin for 'inflammation of the Achilles Tendon'. Achilles Tendons are the longest tendons in the body, connecting the calf muscles to the heel bone. When the calf muscles contract, they pull on the Achilles Tendon, causing the foot to point down and helping you rise on your toes.

Achilles Pain occurs just above the back of the heel and often you will also experience tightness in the calf muscles. Pain is present with walking and running, especially when pushing off on the toes.

What causes it?

Achilles Tendonitis pain can develop gradually without any history of injury or trauma. The pain can be a burning pain, a shooting pain, or even an extremely piercing pain.

Achilles Tendonitis should not be left untreated because there's a chance the tendon will become weak and ruptured. Achilles pain can be aggravated by activities that repeatedly put stress on the tendon, causing irritation and inflammation.

Where are we?

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What causes it continued

Achilles pain is a common problem, and often experienced by athletes, particularly distance runners. Achilles Tendonitis is a difficult injury to treat in athletes due to their high level of activity and reluctance to stop or slow down their training.

Persistent strain on the Achilles Tendons causes irritation and inflammation. In severe cases this strain may even cause the tendon to rupture! Chronic overuse [particularly in runners] may contribute to changes in the Achilles tendon as well, leading to degeneration and thickening of the tendon.

What will happen if I leave it untreated?

Achilles Tendonitis can develop into a chronic condition if left untreated. The risk of a tendon rupture is also increased. Movement can also become restricted if untreated and if you continue with the activity that has caused the injury.

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What can help?

Rest, ice, exercises and NSAID's such as ibuprofen can help to relieve the symptoms.

It is vital to stop the activity that has caused your Achilles pain as soon as it happens. This will prevent any further damage and will allow the tendon time to heal. Rest is an important part of the recovery process.

You can start to gently introduce activity as the pain decreases but if you feel pain you should stop immediately and rest.

Applying ice to the painful area can help to reduce inflammation. Do not apply ice directly to the skin. Wrap in a towel and apply to the affected area for 10-20 minutes three times a day.



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- Full assessment [up to 1 hour]
- Comprehensive bespoke exercise plan
- Massage ball
- Theraband
- 4 week review appointment
- Option of adding in Orthotics

**Please contact the clinic on
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