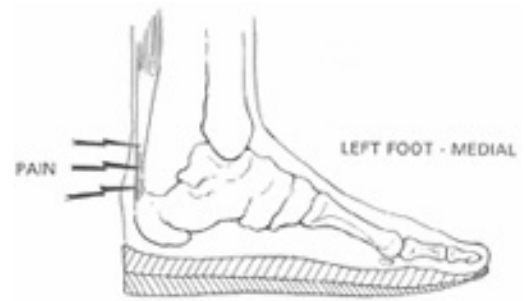


Achilles Tendonitis

Complaints

- Pain and/or tenderness at insertion of tendon or along tendon
- Pain may increase with running, jumping and walking activities
- Swelling along the lower portion and insertion (at the heel) of the achilles tendon



Possible Causes

- Tight gastrocnemius (calf) / achilles tendon
- Excessive pronation
- Weak calf muscles
- Soft, unstable shoes

Shoe Profile

Maximum torsional and vertical support (firm midsole) are necessary to control the pronated foot; this reduces the strain to the Achilles tendon and calf muscles, enabling them to function more efficiently.

Orthotics

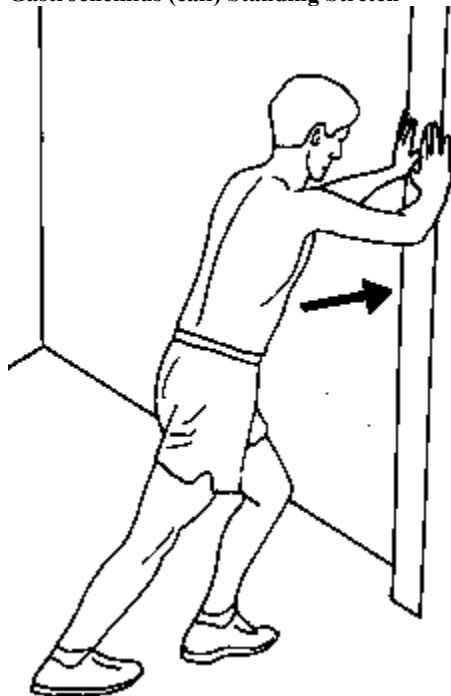
Neutral (mild pronators) – 3 mm heel lift with or without over-the-counter arch supports
Excessive pronators – Custom orthotics with 3 plus mm heel lifts

Exercises**

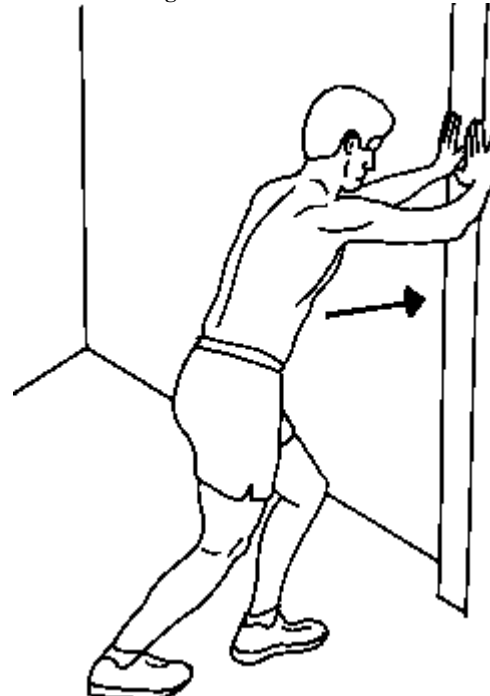
Please consult your physician before engaging in an exercise program.

With all strengthening exercises, start with 3 sets of 10. If you experience any sort of pain reduce your reps to 3 sets of 5 repetitions. For all stretches, repeat 3 times holding each stretch for 30 seconds to 1 minute. Using RICE (Rest, Ice, Compression, Elevation) can be beneficial in the treatment of injuries as well.

Gastrocnemius (calf) Standing Stretch



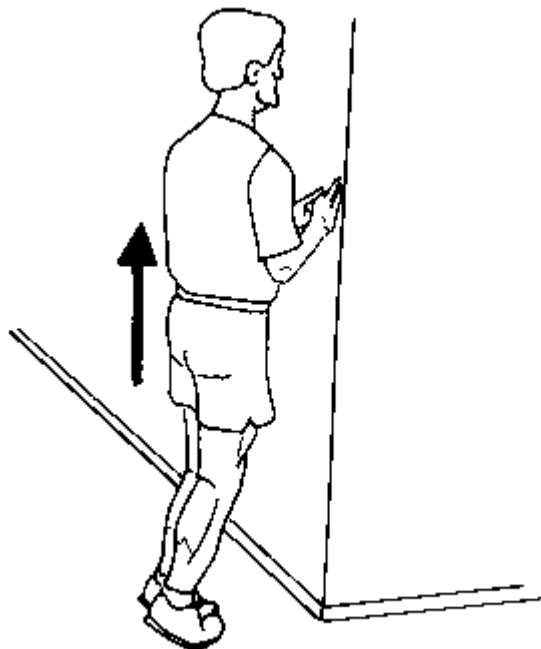
Soleus Standing Stretch



1. Stand with hands resting on wall or on stable object.
2. Place the UNINVOLVED leg forward of the involved leg.
3. Keep the back leg (involved leg) straight and heel on the ground throughout the exercise.
4. Lean body forward bending at ankles and hold.
5. Return to starting position, relax, and repeat.

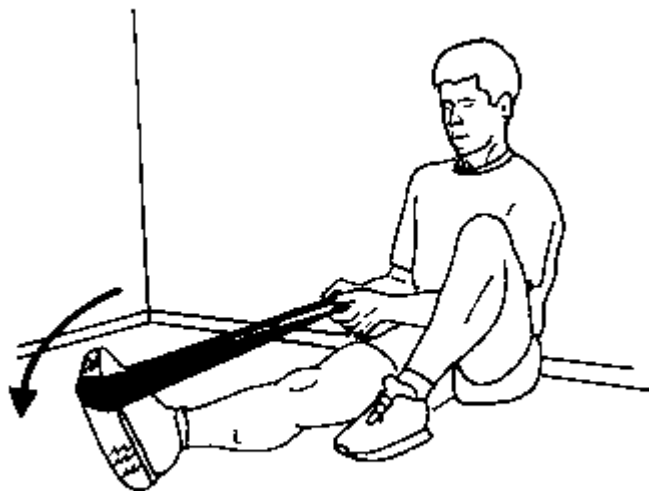
1. Stand with hands resting on wall or on stable object.
2. Place the UNINVOLVED leg forward of the involved leg.
3. Keep heel on the ground throughout the exercise.
4. Bend knees, squat down, and hold.
5. Return to starting position, relax and repeat.

Heel Raises Exercise



1. Stand next to a wall or a chair with both feet on the ground pointing straight ahead.
2. Push front of foot down lifting heels and body weight onto balls of feet.
3. Slowly return to starting position and repeat.

Foot Down Elastic Exercise



1. Sit on flat surface with leg out straight.
2. Place elastic (Theraband) around bottom of foot just below toes.
3. Grasp the other end of elastic in hand and pull back to pick up slack.
4. Keeping hand still, point foot down stretching elastic and hold.
5. Slowly return to starting position and repeat.