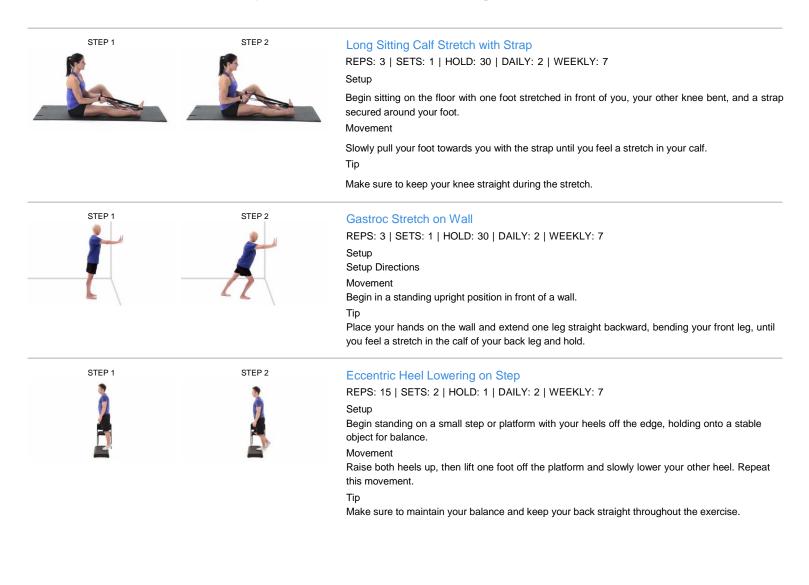
# TWIN CITIES ORTHOPEDICS

### Achilles Tendinopathy Home Exercise Program





Disclaimer: This program provides exercises related to your condition that you can perform at home. As there is a risk of injury with any activity, use caution when performing exercises. If you experience any pain or discomfort, discontinue the exercises and contact your health care provider.

# TWIN CITIES ORTHOPEDICS

### Achilles Tendinopathy



#### **Back Right Foot: Tendons**

Affected Achilles Tendon

Achilles tendinopathy is a condition that causes pain, swelling, stiffness, and irritation of the Achilles tendon, the strong band which joins your calf muscles to your heel on the back of your lower leg. If this tendon is inflamed, walking may become painful and difficult.

The achilles tendon may be injured gradually due to overuse or by a sudden injury. Damage to the tendon occurring in the form of small tears is commonly known as achilles tendinopathy.

Symptoms of achilles tendinopathy include pain and irritation. The tendon may become tender to the touch, and may be thickened and swollen as well.

Therapy can help you relieve the pain of achilles tendinopathy and help restore your strength and range of motion. You may be asked to avoid activities that stress the tendon such as running or climbing stairs. You will be given a home program that includes stretching and strengthening exercises, and learn how to correct your daily movements to help with healing.

