

## Achilles Tendinopathy

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### ABOUT THE CONDITION

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. It can involve the attachment of the Achilles tendon on the heel bone (insertional Achilles tendinopathy) or further up the ankle along its midsubstance (noninsertional Achilles tendinopathy).



### TREATMENT OF ACHILLES TENDINOPATHY

Many cases of non-insertional Achilles tendinopathy are treated successfully without surgery. This treatment may include nonsteroidal anti-inflammatory drugs (NSAIDs), rest, immobilization, limitation of activity, ice, contrast baths, stretching, and/or heel lifts. It takes time for symptoms to improve, which may be frustrating if you are used to being active.

#### Exercise #1:

1. While standing on the edge of a stair, drop your ankles down and hold this stretched position for a count of 10.
2. Repeat 10 times.



#### Exercise #2:

1. Begin in a standing upright position in front of a wall.
2. Place your hands on the wall and extend one leg straight backward, bending your front leg, until you feel a stretch in the calf of your back leg and hold.

