
Achilles Tendonitis

Information from Foot Solutions

Do your calf muscles ache? Is the back of your heel and ankle swollen or tight? If so, you may be suffering from a common condition known as Achilles tendonitis.

Achilles tendonitis is an injury caused by overuse of the large tendon that connects the calf muscles to the back of the heel bone. When overused, the Achilles tendon can get irritated, painful, stiff and swollen. Although it is the largest and strongest tendon in the body, it is also the most injury-prone due to its limited blood supply and the enormous stress placed upon it. The condition usually occurs in middle-aged athletes. Achilles tendonitis can worsen if not treated properly, so address the problem promptly as it will not go away on its own!

Symptoms

- Pain, irritation and stiffness of the Achilles tendon and calf
- Inflammation of the Achilles tendon and surrounding area
- Limited range of movement

Causes

- Excessive rolling inward of the foot (over-pronation) while walking is the most common cause of Achilles tendonitis
 - Flat feet or collapsed arches
 - Short Achilles tendon
 - Tight calf muscles
 - Heel bone deformity
 - Inadequate stretching prior to activity
 - Improperly fitted shoes
 - Inadequate arch support
 - Sudden increase in physical/athletic activity
 - Chronic overuse
 - Direct trauma or injury to the tendon
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Treatment and Prevention

- Proper foot support to reduce excessive stretching
- Wear shoes that provide adequate support especially for walking, athletic activity or prolonged standing
- Decrease, or in severe cases suspend, the distance you walk or run
- Avoid uphill climbs
- Apply ice after activity
- Avoid excessive stretching which can worsen the condition
- Add arch support for individuals who over-pronate while walking
- Raising the heel with heel cups, cradles, or slightly higher shoes to reduce tension on the Achilles tendon to allow for healing

Foot Solutions Products

- Custom arch supports
- Over-the-counter arch supports (orthotics)
- Supportive athletic, casual or dress shoes
- Wellness shoes to help you walk properly and correct your balance
- Gel Heel Cups

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