



Suffolk Podiatry

Achilles Tendinopathy

What Is Achilles Tendinopathy?

Achilles tendinopathy is a condition that causes pain, swelling, stiffness and weakness of the Achilles tendon. Your Achilles tendon connects your calf muscles at the back of the leg to the bone at the back of your heel.

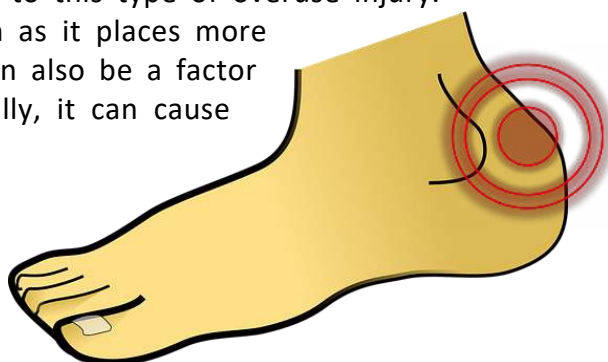
Pain is often worse when standing on tip toe, walking up a steep slope or walking upstairs.

What causes Achilles Tendinopathy?

Achilles injuries are often associated with repeated stresses which cause multiple tiny weaknesses in the tendon. The result is damage to the tendon over time with inflammation and pain.

Repetitive activities such as running are often related to this type of overuse injury. Being overweight can also contribute to Achilles pain as it places more stress on the foot and ankle. Poor foot mechanics can also be a factor because if the foot pronates (rolls inwards) abnormally, it can cause twisting in the Achilles tendon.

In children, pain in this area can be due to a condition called "Sever's". A separate leaflet is available from our website about this condition.



Treatment for Achilles Tendinopathy: What is involved?

Treatment involves reducing pain and inflammation; this typically includes rest, applying ice packs, and using exercises to help stretch and strengthen the Achilles tendon and related muscles. You may also benefit from taking pain killers and anti-inflammatories.

If foot mechanics are a factor, an insole designed to adjust the forces loading through the foot can help reduce stress on the tendon. Wearing supportive and cushioned shoes (e.g. running shoes) will also help to reduce the strain.

Initial advice, assessment, and treatment are best sought from a Physiotherapist. You can self-refer to the AHP Suffolk Physiotherapy team via the following website:

<https://www.ahpsuffolk.co.uk>

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