



ACHILLES TENDONITIS



What is Achilles Tendonitis?

Achilles tendonitis is characterized by pain in the back part of the heel and it acute or chronic in nature. It does not mean there is inflammation.

There are three types:

- 1) Degenerative - fibers are not aligned
- 2) Mechanical - overuse
- 3) Biochemical - lack of oxygen to fibers.



Where does it occur?

Pain occurs in the Achilles tendon most likely at the back part of the heel. There are two calf muscles that make up the Achilles tendon. The gastrocnemius points the foot and bends the knee. The soleus points the foot.



What are possible causes?

- Poor flexibility and/or weakness of the calf muscles
- Joint restrictions at ankle or middle of the foot
- Excessive flattening of the arch of foot with activity
- Training errors – uneven or hard surfaces
- Poorly fitting shoes
- Sudden excessive motion and force - trauma
- Repetitive or overuse with not enough rest

How does physical therapy treat it?

- P.R.I.C.E: protect, rest, ice, compression, elevation
 - May benefit from heel lift or orthotic
- Range of motion
- Stretching and strengthening
- Manual therapy – joint mobilization, massage, stretch
- Balance and proprioception
- Education – return to sport
- Modalities – electrical stimulation, ultrasound, cold laser

