

## Achilles Tendinopathy/Tendinitis

### What is it?

The Achilles tendon is the largest tendon in the body and attaches to the lower portion of the Gastrocnemius and Soleus muscles (aka calf muscles to the back of the heel).

The Achilles tendon is essential for everyday activities such as walking, running and jumping, and is subject to high loads of repetitive stresses. Achilles tendinopathy is an overuse injury of the Achilles tendon.

An Achilles tendinopathy injury can be acute or chronic and the tendon can degenerate with chronic cases. Achilles tendinopathy can occur at 2 locations:

- ➔ the insertion of the Achilles tendon at the attachment to the heel bone, known as insertional tendinopathy
- ➔ mid-way through the tendon, known as 'mid-portion' tendinopathy



## ACHILLES TENDINOPATHY

### How is it diagnosed?

Through a clinical musculoskeletal examination with your podiatrist. Depending on the severity of your symptoms, you may be referred for an ultrasound to determine the extent of degeneration and to assess if there are any tears in the tendon.



### Treatment options:

- ➔ Neuromuscular needling
- ➔ Ice and moderated rest
- ➔ Strengthening exercises
- ➔ Supportive taping
- ➔ Footwear advice
- ➔ Custom orthotics
- ➔ Load/Exercise modification
- ➔ Compression sleeves
- ➔ Heel raises
- ➔ Shockwave therapy (Ultrasound clearance required)
- ➔ Surgery (in chronic cases)

