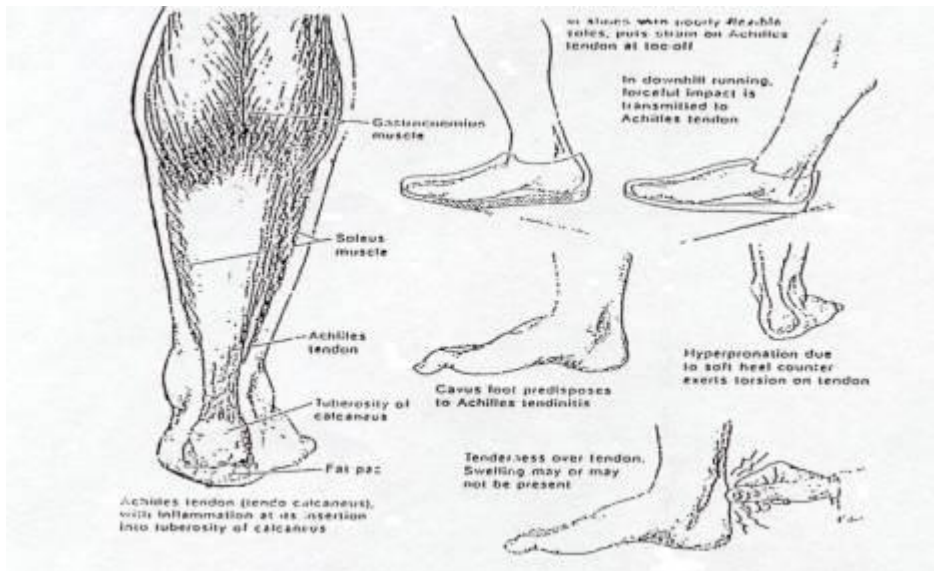


ACHILLES TENDONITIS

Achilles tendonitis is a painful inflammation about the Achilles or Calcaneal tendon. The Achilles tendon transmits the power generated in the calf muscles to the heel for the push off of the foot. Repetitive use of the muscle/tendon complex can lead to small cumulative tears in the tendon and a resultant inflammatory response. It is characterised by:

1. A burning pain early in exercise becomes less severe during and then worsens after the exercise.
2. The pain may be worse first thing in the morning.
3. Tenderness in the tendon 4-5cm above the heel.
4. Swelling and redness of the tendon.



TREATMENT

As with all sporting conditions, correct diagnosis and treatment should be encouraged. The primary treatments for this condition are:

1. Rest from or modification of the pain producing activities.
2. Electrophysical modalities, such as ultrasound.
3. Gentle stretching of the hamstring and calf muscles but not to the point of pain.
4. Eccentric rehabilitation program of the muscle/tendon complex, using ice and active exercises.
5. Correction of biomechanical abnormalities and attention to the shoe.

Possible anti-inflammatory medication and corticosteroid injection.