

## What is it?

Inflammation of the Achilles tendon at base of calf/ankle, connecting onto heel.

## What causes it?

Repetitive stress on tendon. Poor fitting footwear.

## Symptoms

Pain, swelling and tenderness.  
Restricted movement.

## Top Tips

Rest and apply ice asap. Seek advice on an exercise programme.

## How to Treat it

Rest and ice. Anti-inflammatories and painkillers. Physical Therapy like massage, using heat and stretching. Immobilisation and surgery if totally ruptured.



## Rehab

Stretching and strengthening exercises. Thorough warm ups and cool downs.

## Definitions

**Tendon** – flexible, inelastic connective tissue attaching muscle to bone

**RICER** – rest, ice, compress, elevate, refer

## Associated Conditions

- Calf Strain,
- Achilles Tendon Strain,
- Medial Tibial Pain Syndrome/Shin Splints,
- Anterior Compartment Syndrome

## Get Help Now

### Products

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