

Achilles Tendon Strain

What is it?

Sudden, excessive overload, contraction or stretching of one or more muscles in the calf

What causes it?

Forceful contraction of the calf muscles and/or excessive stretching during plantar flexion.

Symptoms

Pain, swelling, tenderness and limited range of movement.

Top Tips

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

How to Treat it

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



Rehab

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

Definitions

Strain – excessive stress or overload to muscle or tendon.

Tendon – flexible, inelastic connective tissue attaching muscle to bone

Plantar Flexion – foot moving downwards, away from the ankle

Grading – severity classification. Graded 1-3, increasing in severity.

RICER – rest, ice, compress, elevate, refer

Associated Conditions

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

Get Help Now

Products

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