

Retrocalcaneal Bursitis

What is it?

Inflammation of the bursa located at the back of the heel/Achilles tendon

What causes it?

Repetitive friction of the tendon running over the bursa during active plantar flexion during push off eg walking, running, jumping, compresses the bursa between the tendon and the bone, causing inflammation. Improper footwear. Incorrect gait. Injury to Achilles tendon.

Symptoms

Pain. Tenderness over the heel area. Redness and slight swelling over the heel.

Top Tips

Rest from activity, use ice packs and anti-inflammatories to manage the pain

How to treat it

Rest from activities causing pain. Ice. Anti-inflammatories.



Rehab

Strengthening and stretching muscles in the lower leg. Proper warm ups and cool downs.

Definitions

Bursae/Bursal Sac – fluid filled sac found alongside joints to assist with lubrication and absorbing shock

Tendon – flexible, inelastic connective tissue attaching muscle to bone

Plantarflexion – refers to the bending of the foot or toes towards the sole of the foot

Gait - how an individual uses their body during motion – the biomechanical function of movement.

Associated Conditions

- Ankle Sprain
- Posterior Tibial Tendinitis
- Peroneal Tendon Subluxation
- Peroneal Tendinitis
- Osteochondritis Dissecans (Ankle)
- Ankle Supination
- Pronation
- Extensor and Flexor Tendinitis

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