

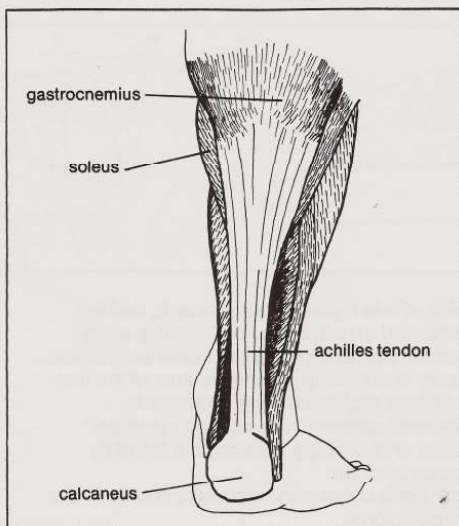
DESCRIPTION

Achilles Tendonitis is a term which commonly refers to an inflammation of the Achilles tendon or its covering. It is an overuse injury which is common especially to joggers, due to the repetitive action and so many occur in other activities that require the same repetitive action.

The tendonitis may be felt as a burning pain at the beginning of activity, which gets less during activity and then worsens following activity. The tendon may feel stiff first thing in the morning or at the beginning of exercise.

ANATOMY

The calf muscles of the lower leg become the Achilles tendon, the prominent tendon at the back of the heel, which attaches to the calcaneus. These muscles are responsible for actions such as pointing the toes and standing tiptoe and so is greatly involved in repetitive activities such as walking, jogging, aerobics, as well as in all foot movement.



CAUSES

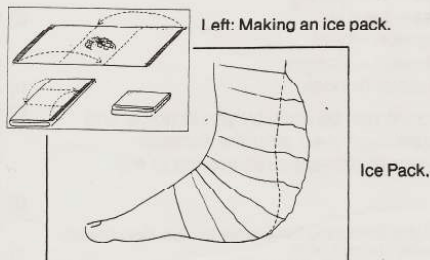
1. Overtraining or unaccustomed use.
2. Sudden change in training surface.
3. Flat (pronated) feet.
4. High arch with tight Achilles tendon.
5. Tight hamstring (back of thigh) and calf muscles.
6. Toe walking (or constantly wearing high heels).
7. Improper shoes.
8. Running hills.



IMMEDIATE CARE

Apply an ice pack (crushed ice wrapped in a damp towel or frozen peas) for 15 minutes several times a day and for 15 minutes following activity.

An ice massage is an alternative. Fill a paper cup with water, freeze overnight and then peel paper from around the top. Slowly move the ice block over the area for fifteen minutes.



Below: Ice Massage.

