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## Achilles Tendinitis

Achilles tendinitis refers to inflammation of the Achilles tendon and is often associated with partial tearing and degeneration within the substance of the tendon. It may be caused from excessive tightness of the calf muscles and overuse. Once the tightness and inflammation ensue, it may take time to break the cycle of pain, tightness, inflammation, and secondary pain. This may cause significant discomfort and loss of function precluding the ability to return to sports or even stand or walk for a period of time.

As with most inflammatory conditions, treatment is focused at first decreasing the amount of inflammation. This can be performed with appropriately prescribed anti-inflammatory medication or ice to the area four times daily for 20 minutes. A period of immobilization in a boot or a cast is often prescribed. Once the inflammation is controlled, further treatment is directed at stretching the calf muscles to minimize the stress places across the tendon. It is also important to modify any provocative activities, particularly throughout the healing process.

We have assembled a series of stretches which have proven clinical benefits in treating Achilles tendinitis. Please visit our Physical Therapy tab at our website [www.floridajointcare.com](http://www.floridajointcare.com) to view our instructional videos created by our surgeons and therapists to correctly perform these stretches at home.

## Home Exercise Program

Follow along with instructional videos on our website [www.floridajointcare.com](http://www.floridajointcare.com)

1. Calf stretch (gastrocnemius) – hold for 30 seconds, perform twice daily
2. Calf stretch (soleus) – hold for 30 seconds, perform twice daily

\* May adjust number of repetitions and number of sets as tolerated.

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