



ORTHOPEDIC ASSOCIATES of HARTFORD

50 Years of Excellence

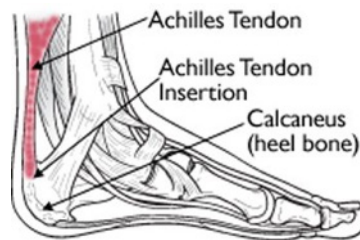
ACHILLES TENDINITIS

Home Exercises

Achilles tendinitis is a common condition that occurs when the large tendon that runs down the back of your lower leg becomes irritated and inflamed. The Achilles tendon connects your calf muscles to your heel bone and is used when you walk, run, climb stairs, jump, and stand on your tip toes. Although the Achilles tendon can withstand great stresses from running and jumping, it is also prone to tendinitis, a condition associated with overuse and degeneration resulting in the inflammation of the Achilles tendon.

Normal foot and ankle anatomy

Achilles tendinitis pain can occur within the tendon itself or at the point where it attaches to the heel bone, called the Achilles tendon insertion.



Causes

Achilles tendinitis is typically not related to a specific injury. The problem results from repetitive stress to the tendon. This often happens when we push our bodies to do too much, too soon, but other factors can make it more likely to develop tendinitis, including:

- Sudden increase in the amount or intensity of exercise activity—for example, increasing the distance you run every day by a few miles without giving your body a chance to adjust to the new distance
- Tight calf muscles—Having tight calf muscles and suddenly starting an aggressive exercise program can put extra stress on the Achilles tendon
- Bone spur—Extra bone growth where the Achilles tendon attaches to the heel bone can rub against the tendon and cause pain

Symptoms

Common symptoms of Achilles tendinitis include:

- Pain and stiffness along the Achilles tendon in the morning
- Pain along the tendon or back of the heel that worsens with activity
- Severe pain the day after exercising
- Thickening of the tendon
- Bone spur (insertional tendinitis)
- Swelling that is present all the time and gets worse throughout the day with activity

STANDING CALF STRETCH - GASTROCNEMIUS

Start by standing in front of a wall or other sturdy object. Step forward with one foot and maintain your toes on both feet to be pointed straight forward. Keep the leg behind you with a straight knee during the stretch.

Lean forward towards the wall and support yourself with your arms as you allow your front knee to bend until a gentle stretch is felt along the back of your leg that is most behind you.

Move closer or further away from the wall to control the stretch of the back leg. Also you can adjust the bend of the front knee to control the stretch as well.

Repeat 3 Times **Hold 30 Seconds**
Complete 1 Set **Perform 2 Times a Day**



STANDING CALF STRETCH - SOLEUS

Start by standing in front of a wall or other sturdy object. Step forward with one foot and maintain your toes on both feet to be pointed straight forward. Keep the leg behind you with a bent knee during the stretch.

Lean forward towards the wall and support yourself with your arms as you allow your front knee to bend until a gentle stretch is felt along the back of your leg that is most behind you.

Move closer or further away from the wall to control the stretch of the back leg. Also you can adjust the bend of the front knee to control the stretch as well.

Repeat 3 Times **Hold 30 Seconds**
Complete 1 Set **Perform 2 Times a Day**



SEATED CALF RAISES

Sit towards the edge of a chair or bed with feet flat on the floor. Lift your heels up so that you are on your toes. Return to start and repeat.

Repeat 10 Times Hold 2 Seconds
Complete 3 Sets Perform 2 Times a Day



STANDING HEEL RAISES

While standing, raise up on your toes as you lift your heels off the ground.

Repeat 10 Times Hold 2 Seconds
Complete 3 Sets Perform 2 Times a Day



STANDING HEEL RAISES - SINGLE LEG

While standing on one leg, raise up on your toes as you lift your heel off the ground.

Repeat 10 Times Hold 1 Second
Complete 2 Sets Perform 2 Times a Day



TOES RAISES - DORSIFLEXION STANDING

In a standing position with your feet on the ground, raise up your forefoot and toes as you bend at your ankle.

Repeat 10 Times Hold 2 Seconds

Complete 3 Sets Perform 2 Times a Day



TOE FLEXION AND EXTENSION

Curl your toes downward then upward and repeat. Use controlled movements.

Repeat 30 Times Hold 2 Seconds

Complete 3 Sets Perform 2 Times a Day



CALF STRETCH WITH TOWEL

While in a seated position, hook a towel under your foot and pull your ankle back until a stretch is felt on your calf area.

Keep your knee in a straightened position during the stretch.

Repeat 3 Times Hold 30 Seconds

Complete 1 Set Perform 2 Times a Day

