

## Achilles Tendonopathy

Achilles Tendonopathy is the term used to describe pain in the Achilles tendon associated with degenerative changes/ breakdown of the tendon.

### Causes

A number of factors can contribute to this condition:

- Overuse: Too much sport (especially jumping & running).
- Decreased blood supply eg. diabetes
- Biomechanical factors: e.g. poor foot mechanics; poor pelvic control; lower limb muscles imbalances

### Symptoms

- Sore Achilles tendon
- Formation of lump/ thickening of the tendon
- Pain during or after walking, running, jumping activities
- Morning pain & stiffness

### Treatment

The Achilles tendon has a poor blood supply and this condition is typically very slow to heal. It can take to 6-18 months to fully recover. This will vary between individuals depending on age, severity of symptoms, length of time since onset of pain, ability to rest from aggravating activities.

Physiotherapy treatment will assist in the most rapid and complete recovery and can include:

- Orthotics
- Gait changes
- Soft tissue massage and stretches
- Specific calf strength exercises
- Graduated return to sport program

It is essential to complete your rehabilitation properly as once an Achilles tendonopathy has developed the tendon is more susceptible to a complete rupture which will require surgical intervention.

For more information feel free to ask your physiotherapist.



physio  
place



**Hours:** Monday - Thurs: 8am- 7pm, Fri: 8am- 4pm, Sat / Sun: Closed

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