
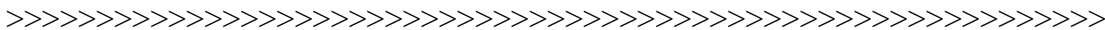


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Achilles Tendinopathy

Achilles tendinopathy occurs when the tendon which attaches your calf muscle to your heel becomes overloaded. Symptoms can include; pain, stiffness and swelling to the back of your heel. Depending on what phase your tendon is in, we recommend slightly varying loading programmes to help increase the tendon tolerance to load – i.e walking, running, standing etc. Your physiotherapist will be able to advise further with your structured rehabilitation programme but we recommend you trial the below exercises to get you started.

Pacing Physical Activity:


It is important to pace out your physical activities and ensure it feels ok later that evening/next day, it is common to have a delayed onset of symptoms with tendon loading problems so it may be the next day after a lot of walking that you notice your symptoms more. Modify your activities if you can and if you are unable to do this we recommend some relative rest.

Pain management methods:

Speak to your GP/pharmacist about some pain medication if needed
Heat/Cold packs 10-15 minutes daily to the back of your ankle, ensure wrapped in damp towel or through clothing to prevent ice burns

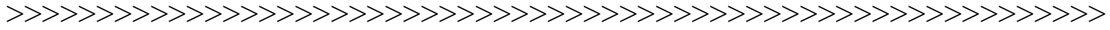
Exercises:

If your symptoms increase/worsen then we suggest you seek advice from the physiotherapist and stop exercises if unable to manage.

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Isometric Heel lifts:

- Hold onto worktop or table for balance if needed
- Feet onto flat surface
- Lift up your heels about an inch from the floor
- Hold this lift for 20-30 seconds
- Repeat 3x



Bridging:

It has been said that strengthening up higher up into your legs can ease the stress/load placed into the lower part of your legs. Therefore we recommend you try this exercise

- Lying onto your back
- Squeeze buttocks and lift up hips
- Slowly lower
- Repeat 15-20x

