

ACHILLES TENDINITIS/TENDINOSIS

Achilles tendinosis is a condition in which there is pain and swelling along part if not all of the Achilles tendon. Achilles tendinosis is caused by either a single episode of tendon overload or more commonly, recurrent overload of the tendo Achilles over a period of time. This condition may be due to a number of contributing factors including excessive *pronation* of the feet, weak muscles, poor flexibility, over training or poor footwear.



Symptoms: Achilles tendinosis has a number of different presentations depending on the severity of the tendon injury. The most common symptom is pain and swelling along the length of the Achilles tendon. There is stiffness first thing in the morning with pain most frequently present whilst walking or during any type of strenuous weight-bearing activity.

Treatment: Our podiatrist will assess your Achilles tendon to identify the site of the injury and to determine the primary cause of the injury. You will then be advised of an appropriate treatment and rehabilitation plan to help you recover from the initial injury and then to strengthen the injured tendon to reduce the risks of reinjury.