

ACHILLES TENDONITIS

The Achilles tendon connects the calf musculature (gastrocnemius and soleus) to the heel (calcaneus). Achilles tendonitis is inflammation of this tendon and/or the tissues surrounding the tendon. The condition is usually a result of repetitive stress being placed on the tendon.

Causes:

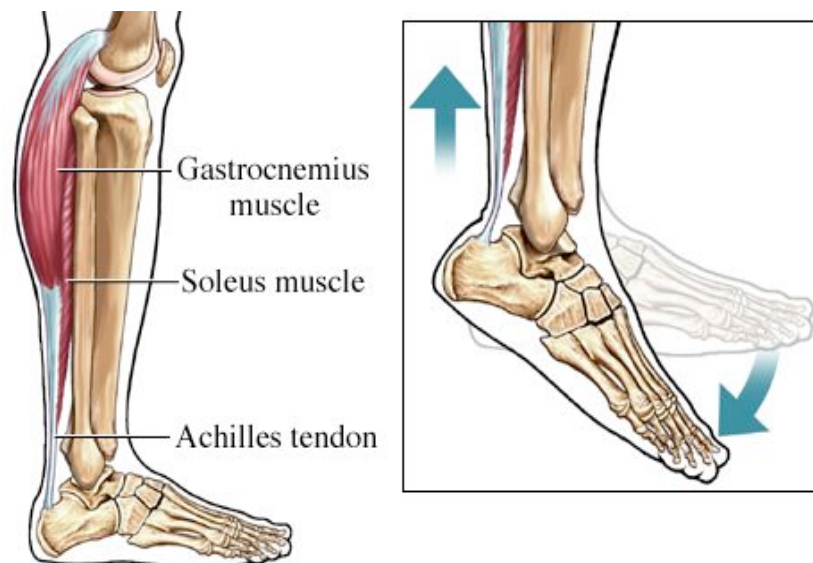
1. Sudden increases in activities or training
2. Hill running, or excessive sprint workouts
3. Worn or ill-fitting shoes
4. Running on uneven or banked surfaces
5. Biomechanical problems in the foot and/or lower leg (e.g. excessive pronation, bow legs, etc.)
6. Tight calf or hamstring muscles

Signs/Symptoms:

1. Tenderness 1-2 inches above the insertion of the Achilles tendon into the heel
2. Swelling or thickening of the tendon
3. Pain or stiffness may be present when one gets out of bed in the morning
4. Pain/stiffness at the beginning of an activity, decreasing during activity (may be constant in advanced cases)

Treatment:

1. Modify activity; decrease running mileage
2. Ice the tender area 15-20 minutes after activity
3. Moist heat (if possible) before activity
4. Light calf stretching
5. Orthotics for biomechanical problems, or Anti-inflammatory medication if prescribed



Bradley W. Bruner, M.D.
*Arthroscopic Knee Surgery
and Sports Medicine*

Phillip F. Hagan, M.D.
*Arthroscopic Knee Surgery,
Shoulder Surgery,
and Sports Medicine*

James Joseph Jr., M.D.
*Total Joint Reconstruction
of Knees and Hips*

Duane A. Murphy, M.D.
General Orthopaedics

Michael Easter, PA-C

Greg Knoblauch, PA-C

Tim Weide, PA-C

9300 E. 29th St. N.
Suite 205
Wichita, KS 67226
Tel: 316.219.8299
888.397.7362
Fax: 316.219.5899