

2 - Achilles Tendinitis



Achilles tendon connects the two major calf muscles to the back of your heel. Under too much stress it tightens and becomes irritated!! Accounting for an estimated 11 % of running injuries **are you at risk?**

Often a sudden increase in training load, intensity, cross country, hills or tight calves make you vulnerable.

Can you run through it? No STOP if you have any pain in this area during or after stop running. Catch any minor strain early and a few days rest and the correct treatment rehab adds up to days rather than months if you continue.

FIX IT

Ice as much as 5 times per day

Strengthen calves with eccentric heel drops (use bench, step or chair).

Heel pads in both work and running shoes

Squats to tip toes

No flop flops for a few weeks

Going Forward

Strong calves protect the Achilles

Avoid aggressive calf STRETCHING always slow and controlled

Use compression sock for calf recovery or doing harder training sessions

Have your running shoes checked especially heel area, may be too high, narrow or harsh!!!

Can I run?

When there is NO Pain when you pinch area around Achilles tendon and NO Pain felt when walking up and down stairs.