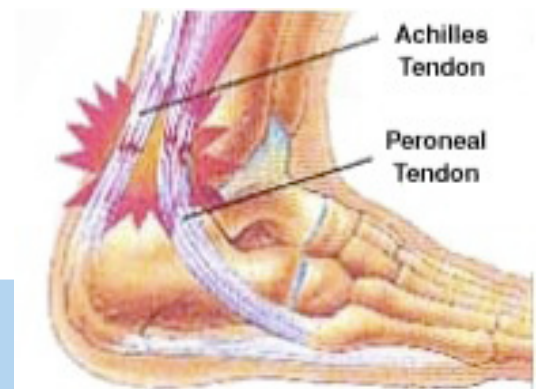




PLAYING MY BEST
SPORTS
DISCOVER YOUR ELITE ATHLETE

ACHILLES TENDINITIS

Achilles tendinitis is inflammation of the achilles tendon or large tendon on the back of the ankle. When the tendon is overused, it may become swollen and painful. This inflammation can lead to small tears within the tendon, making the tendon susceptible to a complete rupture. Achilles tendinitis is a common injury in running and jumping athletes.



FACTORS THAT CONTRIBUTE TO INJURY

- Increased activity (frequency, duration or intensity)
- Improper footwear
- High arches
- Tight hamstrings
- Hill training
- Training surfaces

SIGNS AND SYMPTOMS

- Pain over back of the heel or ankle
- Pain with walking
- Pain with running
- Pain with jumping, especially push-off
- Pain increases after sitting or resting
- Swelling may or may not be present



Official Sports Medicine and Performance Enhancement Provider to Utah Youth Soccer and Rocky Mountain School of Baseball

FOR A FREE INJURY ASSESSMENT APPOINTMENT CALL 801-314-2300

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TREATMENT

- RICE (Rest, Ice, Elevation, Compression. For more information see ice massage.)
- Stretching of achilles and gastroc muscles
- Calf raises progressing to eccentric
- Orthotics
- Cross training
- Avoid running hills or jumping
- Muscle balance

STRETCHING AND STRENGTHENING

Gastroc Stretching



Keeping back leg straight and heel on floor, lean forward until stretch is felt. Hold for 30 seconds. Repeat 5 times, twice a day.

Soleus Stretching



Standing with both knees bent and involved foot back, lean into wall until stretch is felt. Hold for 30 seconds. Repeat 5 times, twice a day.