



SPORTS INJURY CLINIC

A Northcross Physiotherapy and HealthZone Facility



Achilles Tendon Injury

The Achilles tendon is the thickest strongest tendon in the human body and is the combined tendon of the gastrocnemius and soleus muscles.

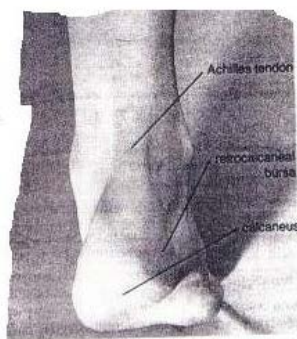
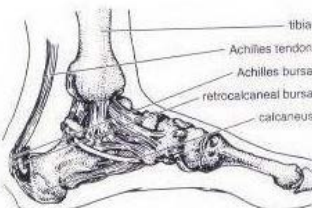


Fig. 28.1 The Achilles region
(a) Surface anatomy



(b) Anatomy

Pain in the region of the Achilles tendon is an extremely frequent presenting symptom with the return to or increase in running based activities such as netball. It often presents as a gradual development of symptoms and complaints of stiffness on rising in the morning. The pain diminishes with walking; similarly the pain diminishes during a training session only to reoccur several hours later.

Abnormal biomechanics of the lower limb are the main contributing factors to its onset, other factors that predispose a person to an Achilles tendinopathy include:

- a/. years of running
- b/. an increase in mileage, speed or gradient of a run
- c/. a change in surface or terrain
- d/. a decrease in recovery time between training sessions
- e/. a change of footwear eg: running shoes to football boots
- f/. excessive pronation of the foot
- g/. calf muscle weakness or tightness
- h/. poor footwear or i/. stiff ankle joints

The key to successful rehabilitation of Achilles tendinopathy is early diagnosis, RICE to minimize additional collagen damage, an eccentric strengthening programme, correction of abnormal biomechanics and muscle imbalance along with appropriate progression of resumption of activity.

Sometimes Kinesio taping and heel raise inserts help too. See our experienced team at the Sports injury Clinic (S.I.C) if you are suffering from this as many effective treatments are available.

Jo Kitchen (formerly Coleman) Mobile: 021817633

Northcross Physiotherapy Ph 4780578

Former Silver Ferns, Commonwealth Games and Olympic Physiotherapist