

# Achilles Pain

## Symptoms and Causes

Achilles tendonitis refers to a painful condition characterised by tissue damage and pain in the Achilles region (back of the heel and ankle).

The muscle group at the back of the lower leg is commonly called the calf. The calf muscles and Achilles Tendon are responsible for absorbing shock in everyday walking and much more during running and jumping activities.

When increased tension from repetition or high force activity is placed on the calf, the tendon can become damaged. Physical activity or a change in activity such as increasing the distance of a daily run or insufficient recovery time is a common cause of Achilles pain. Simple oversights in training such as inadequate stretching can cause tightness to the calf muscle and inflammation. The pain from the inflammation can cause swelling, stiffness and be persistent, leading to limited motion of the ankle if left untreated.

## How we help

A My FootDr Podiatrist will perform an assessment on the biomechanical functions (to understand how your body moves). The analysis will assess foot motion to determine any muscle tightness. The biomechanical observations can give clues to whether any of the muscles are being overworked or fatigued.

If biomechanical foot abnormalities are identified, there are many treatment options. Custom orthotics can be prescribed to improve posture, pronation control and support to the foot. The choice of footwear for sporting activity could be impacting injury vulnerability if ill-fitting or inappropriate footwear is being worn.

Our podiatrists can recommend styles and modifications to pair with the activity being performed and to fit orthotics if necessary. The incorporation of stretching and strengthening exercises to prevent injury are recommended. Sometimes modification to a training program or rest is necessary for an injury to heal.

**You can trust My FootDr's team of highly-qualified podiatrists to always provide that extra level of care and attention when delivering the best foot care solutions for you and your family. Our team will deliver you with world-class podiatry services, and work with you to tailor a solution that is individualised to your needs.**

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our podiatrists today

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