

This information is to help guide how to manage symptoms in keeping with Achilles tendinopathy.

What is Achilles tendinopathy?

It is an overload of the Achilles tendon that runs at the back of your calf. It is common in both active and sedentary people. It can be associated with a sudden increase of activity, while other times it comes on gradually.

Symptoms

- Pain
- Swelling
- Stiffness

If you are experiencing any additional signs or symptoms – including numbness, pins and needles or weakness in the leg – please consult a medical professional.

For further information here are some online links

www.whittington.nhs.uk/msk

www.nhs.uk

www.arthritisresearchuk.org

Patient advice and liaison service (PALS)

If you have a question, compliment, comment or concern please contact our PALS team on 020 7288 5551 or whh-tr.whitthealthPALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

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ACHILLES TENDINOPATHY

Management and Treatment

A patient's guide



What can you do to manage this?

To start with: If you find that simple activities like walking take over a day to ease then you may find that rest, ice and appropriate pain relief are most beneficial at this stage.

Relative rest

- Avoid parts of exercise training that aggravate your pain
- Activities like swimming and cycling, where you are not using your full body weight, if pain free can allow you to keep active

Simple pain relief

Please consult with your pharmacist if you require pain relief.

Ice therapy

Ice therapy can help manage the pain and swelling. You can simply wrap some ice cubes or a packet of frozen peas into a tea towel.

Apply for 15 minutes maximum up to four times a day as needed.

Do not use if you have any vascular conditions or reduced sensation.

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Exercises for the early stages

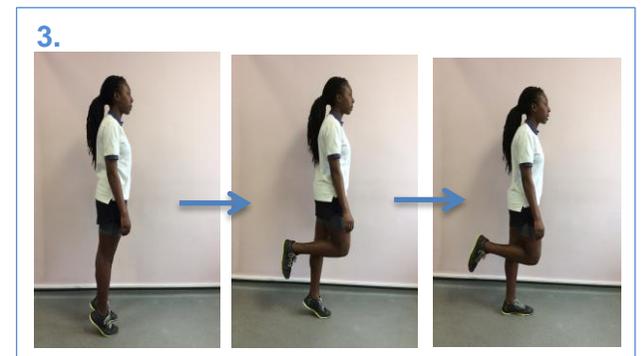
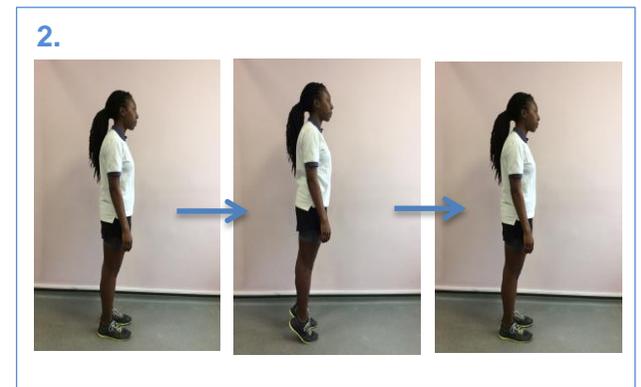
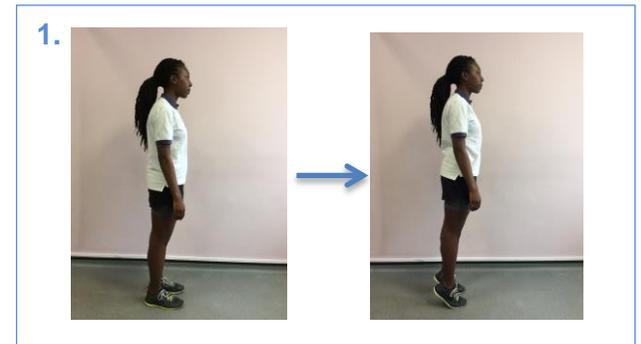
Doing exercises may be uncomfortable and you may experience some pain. From a scale from zero to 10 (with zero being no pain at all, and 10 being the worst possible pain you can imagine), you should not experience no more than a three. Keep that as your threshold.

1. To begin: start with **sustained** calf raises, these can be held for up to 20 seconds, and repeated three times once a day.

2. To progress: start performing **slow calf raises** and increase the weight you put on your Achilles, by shifting your center of gravity to one side. Gradually, you can increase the number of repetitions you are able to do. You should do three sets in total, every other day.

3. To further progress: Stand on both feet. Push up onto the **NON-AFFECTED** leg. Shift the weight onto the **AFFECTED** leg and take **three counts to lower** your heels back down. Keep a note of how many repetitions you have managed, then giving yourself some time to rest in between, repeat another set. You should do three sets in total, every other day.

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