

ACHILLES TENDON INJURIES

Achilles Tendon

The Achilles tendon is the thickest and strongest tendon in the human body. It enables the transfer of power from your calf muscles to the foot allowing you to run efficiently. Unfortunately for runners, we are 30 times more likely to injure it than inactive people. Injuries may present as anything from mild soreness or ankle stiffness in the morning following a run, to debilitating complete tendon ruptures which make normal walking near impossible. There are several different injuries that can occur at the Achilles tendon, which is why it is crucial to seek treatment and get an accurate diagnosis.

Active adolescents are often prone to a painful heel/Achilles condition called Severs syndrome. Thankfully, the injury will cease after a period of time, though prompt treatment can help to lessen the severity of the injury and its impact on sport and other activities.

In adults, Achilles injuries are more likely to occur between the ages of 30 to 50. Common causes for Achilles tendon injuries include overtraining or suddenly increasing the intensity of your training, tight calf muscles, or excessive foot pronation. Your running style may also contribute to overloading the Achilles tendon giving an increased risk of injury.

Treatment of Achilles tendon injuries should include a thorough assessment of your biomechanics and running gait in order to identify risk factors and potentially reduce future reoccurrence of injury. InTraining offers Podiatry and Physiotherapy services to help treat Achilles tendon problems and other running injuries.

Eccentric Exercises

Eccentric exercises are useful for the rehabilitation of chronic tendon injuries such as the Achilles tendon. The eccentric heel drop exercise program was initially discovered by a man who was fed up with his long term Achilles pain so he went about trying to overload and rupture his Achilles tendons in order to have them surgically operated on. While he was unsuccessful in rupturing his tendon, he found that the exercises he performed cured his Achilles injury.

Eccentric heel drop exercises involve the stretching of the Achilles tendon under load when lowering your heels (usually off a step). By loading the tendon in a controlled way it is thought this encourages strengthening and better healing of the tendon, which can reduce pain and improve function.

This exercise program can be useful for only certain types of Achilles tendon injuries. If you currently suffer an Achilles tendon injury, book today to see an intraining podiatrist or physiotherapist.



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*Book to see Doug for a consult at the
intraining Running Injury Clinic.
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