



Patient Page

Running Injuries: Achilles Tendinopathy

What is Achilles Tendinopathy?

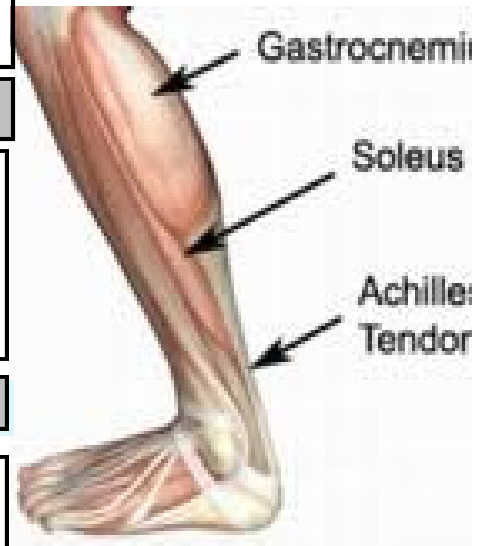
The latest research shows that most Achilles tendon pain is not due to inflammation ("itis"), but degenerative changes in the tendon fibers ("osis"). These changes are often the result of overuse and repetitive loading- two factors especially relevant to runners.

Risk Factors

- Decreased ankle mobility
- Recent increase in mileage
- Decreased calf strength
- Systemic disease including: obesity, diabetes, and hypertension
- Faulty footwear
- Recent increase in training intensity
- Increased foot pronation

Symptoms

- Pain and stiffness in the Achilles tendon
- Pain during warm-up or after a run
- Pain relieved with rest (early stages)
- Pain not relieved with rest (later stages)



Treatment and Prevention

Achilles tendinopathy can be well-managed with conservative treatments such as physical therapy. While the best bet is to have an evaluation that identifies problems that are specific to you, here are a few tips for self management and prevention.

- Choose a running shoe that matches your foot type
- Stretch your calf muscles daily
- Limit increases in running distance and speed to no more than 10% a week.
- Strengthen your calves.



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