

Achilles Tendonitis

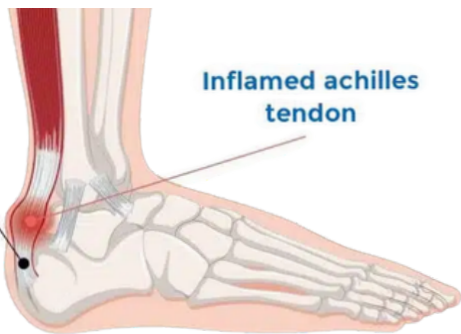
Pain to the back of the heel

Achilles tendonitis occurs when the tendon becomes inflamed, leading to pain, swelling and stiffness. Symptoms are often worse first thing in the morning, prolonged activity or direct pressure from footwear.

A tender prominence/deformity at the achilles may develop and cause pain with direct pressure. This condition is often related to advanced age, repetitive activities, increased body weight and tight calf muscles. Often associated with degenerative tears of the achilles tendon.

Achilles tendon

Inflamed achilles tendon



Treatment focuses on offloading the tendon to reduce strain.

This is achieved with a custom orthotic that includes a deep soft heel cup and a heel lift.