Common Running Injuries:
Achilles Tendinopathy

**Symptoms:** Pain in the back of the heel made worse by activity is the primary sign. As symptoms progress, pain (even at rest), along with stiffness, swelling, and weakness during activity may present.

**Incidence:** 5-18% of running injuries.

**Risk Factors:** Stretching less often, faster paced runners, increased years of running, over-pronation, higher arches.

**Treatment:**
- **Acute Stage**
  - R.I.C.E.: Rest, Ice, Compression, Elevation
  - Reduce pressure on the tendon (heel lift, anti-pronation tape)
  - Match appropriate shoe type to foot type

- **Sub-Acute & Chronic Stages**
  - Eccentric calf strengthening (high volume, high reps)
    - Heel drops from a step - knee straight/knee bent
  - Plyometric exercise (explosive training)
    - Power skipping
    - Frog Hops

**Special Considerations for Runners:**

Running with a midfoot or forefoot strike pattern places greater muscular demand on the calf muscles. Achilles tendinopathy can occur when improperly switching from a heel strike.

References:

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