

Achilles Tendonitis

Achilles tendonitis is inflammation, irritation and swelling of the Achilles tendon, which connects the muscles of the calf to the heel. These muscles are important for walking. The Achilles tendon can become inflamed, most often as a result of overuse or arthritis, although inflammation can also be associated with trauma and infection. Tendonitis due to overuse is most common in younger individuals and athletes. Tendonitis from arthritis is found more frequently in the middle-aged and elderly populations. Symptoms usually include pain in the heel when walking or running. The tendon is usually painful to touch, and the skin over the tendon may be swollen and warm. Treatment usually involves ice, non-steroidal anti-inflammatory drugs, rest and physical therapy.

Hint: Maintaining strength and flexibility in the muscles of the calf will help reduce the risk of tendonitis.

If you are a victim of tendonitis, you don't have to let it get you down. The relief you are seeking is available at our office. Our facility is fully equipped with leading edge technology for your care and comfort, and our staff is particularly skilled in helping with all kinds of foot conditions.