

Welcome to Queensferry Podiatry

Established in 1999, we have been committed to a professional and friendly podiatry service for over 25 years.

Covering everything from nail problems, hard skin and corns to comprehensive diabetic foot care and check-ups, biomechanical assessments, orthotic fitting and nail surgery.

Our podiatrists are degree trained, registered with the Health Care Professionals Council (HCPC) and members of the Royal College of Podiatrists.

Individual Advice:



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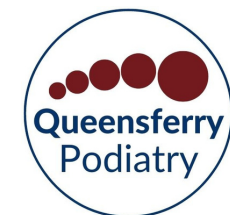
For more information on our website and booking information, please scan the QR code.



Achilles Tendinopathy



Guidance for Patients



www.queensferrypodiatry.com

What is Achilles Tendinopathy?

Achilles tendinopathy is a condition that causes pain, swelling and stiffness of the tendon that runs down the back of the lower leg to the heel.

It is thought to be caused by repeated tiny injuries to the Achilles tendon



Symptoms

- Increasing pain, usually at the back of your leg or heel which can be worse at night or in the morning.
- Swelling at the back of your ankle.
- Stiffness that's worse in the morning or after a period of rest.
- Tight calf muscles and a limited range of motion.
- Mild heat.

What Causes it?

- Changes in activity (increased or decreased activities, on different surfaces).
- Wearing unsuitable or poorly fitting footwear for the activities you're doing.
- Other health conditions such as being overweight, diabetes and inflammatory arthritis.
- If you've injured your tendon or the muscles around it in the past.
- Foot structure can be a factor.
- Tight calf muscles.
- Weak calf muscles.

Treatments

Rest: Stop any high-impact activities or sports (such as running). As pain improves, you can restart exercise as pain allows. Complete rest, particularly if prolonged, can delay healing. Therefore, it's a good idea to continue with exercises that are not painful. Switching to different exercises that don't put as much strain on the tendon can be helpful to maintain overall fitness whilst recovering. Examples include cycling and deep water running.

Ice: Apply cold packs or ice wrapped in a towel to ease your pain and reduce any swelling. You can do this for 20 to 30 minutes every two to three hours. Don't apply ice directly to your skin because ice may damage your skin.

Exercises: Daily special exercises designed to stretch and strengthen the tendon can significantly aid in treating Achilles tendinopathy. They also assist with pain management and reducing stiffness. Some exercises may include:

- Sitting Heel Raise
- Standing Heel Raise
- Eccentric Training - Heel Drop
- Calf Stretches



For demonstration videos of helpful exercises, please visit our website.

Footwear and Orthotics: A podiatrist may suggest changing your footwear or putting special inserts in your shoes which can reduce the strain on the Achilles tendon.

Extracorporeal Shockwave Therapy: This is a handheld probe which emits energy waves and can be used to stimulate a healing response. You may need several sessions. Please ask where we can refer you for this.

Surgery: When symptoms persist after exhausting conservative therapy, then surgery may be discussed.

Most people with Achilles tendinopathy improve with conservative treatment, although this can take several months or more.