

ACHILLES TENDONITIS



DESCRIPTION: Repetitive stress causes the Achilles tendon to tighten and become inflamed, leading to small tears within the tendon that can turn to scar tissue and rupture.

SYMPTOMS: Pain over the heel-between the heel and the calf-that decreases as the calf loosens up and is worst in the morning, at the beginning of a run, or after being seated for a long period of time. The Achilles tendon may appear red and inflamed and be tender to the touch. Nodules that can be felt over the skin will sometimes appear, as will a crackling sound when there is a build-up of scar tissue.

CAUSES: A repetitive strain injury, all of the muscles in the lower leg can contribute to this problem. Tight calves, inflexible Achilles tendons, rigid or hyperflexible feet, and overtraining are all causes.

SELF-TREATMENT: Discontinue running/walking and focus on increasing flexibility. Reduce inflammation by icing, and address any mechanical issues that could be contributing. Return gradually to activity.

HELPFUL PRODUCTS:

STEP-STRETCH: The step-stretch will work to increase flexibility in the calf muscles.

HEEL PADS: Though cushioning is not the issue, heel pads will give a slight lift that will reduce the tension in the Achilles tendon and allow it stop being overstretched.

THE STICK: A great self-massage tool to decrease knotting and muscle tension in the calves.

FOAM ROLLER: A foam roller will work as a self-massage tool, reducing tension, lactic acid buildup, and scar tissue in the calves.

INSOLES: Insoles will work in much the same way as heel pads, but will also provide biomechanical correction and proper alignment.

GOOD FORM RUNNING: Over and improper use of the calf muscles during running and walking can contribute to Achilles tendon problems. Sign up for our free clinic to learn how to run more efficiently and avoid injury.

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