

**Clinic B1A**

**TTSH Medical Centre, Level B1**

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Department of  
**ORTHOPAEDIC SURGERY**

## Achilles Tendinopathy



### □ Tilt Board Stretch



- Stand straight with your feet shoulder-width apart. Hold onto a stable support.
- Keep your knees straight and hold a gentle stretch in the calf.

Hold 10 second(s).

Repeat 5 time(s) and do 5-10 set(s).

Do 2 session(s) a day.

### □ Double Leg Heel Raise (Standing)



- Stand straight with your feet shoulder-width apart. Hold onto a stable support.
- Keeping the balls of your feet on the ground, lift your heels as high as possible.

Hold 10 second(s).

Repeat 5 time(s) and do 5-10 set(s).

Do 2 session(s) a day.

### □ Single Leg Heel Raise (Standing)



- Stand straight with your feet shoulder-width apart. Hold onto a stable support.
- Keeping the balls of your feet on the ground, lift your heels as high as possible.

Hold 10 second(s).

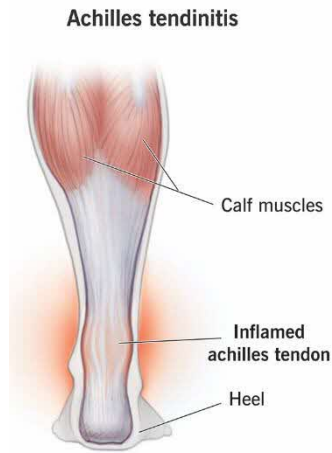
Repeat 5 time(s) and do 5-10 set(s).

Do 2 session(s) a day.

## Overview

### Achilles Tendinopathy

Achilles tendinopathy is one of the most common causes of heel pain. It is frequently due to overuse injury that causes inflammation of the Achilles tendon, the large tendon that connects the calf muscles to the heel bone.



### Several Possible Causes and Contributing Factors include:

- Repetitive stress or strain especially in activities like running, jumping, or walking.
- Previous injuries
- Age, weight, foot deformities
- Inappropriate footwear, training technique

### Symptoms

- Pain, swelling over the back of the heel
- Pain is often worse when walking up hill or squatting
- Stiffness at the back of heel after lying, sitting or standing for a prolonged period.

## Treatment

- Apply ice or cold therapy over the back of heel
- Anti-inflammatory medication
- Physiotherapy
- Extracorporeal Shockwave Therapy (ESWT)
- Orthotics
- Surgery for stubborn cases that don't improve with other treatment modalities

### What Can You do About it?

- Avoid activities that exacerbate the pain or choose alternative exercises that allow you to take the load off the Achilles tendon, e.g. cycling, swimming
- Use supportive shoes with proper support and cushioning
- Do foot and leg stretching exercises regularly. The exercises can help to stretch the Achilles tendon and calf muscles.

## Rehabilitation Exercises

### ☐ Calf Stretch ( Towel Assisted )



- i. Sit with your affected knee straight and a towel looped around your foot.
- ii. Pull the towel towards you until a comfortable stretch is felt in your calf.

Hold 10 second(s).

Repeat 10 time(s) and do 5-10 set(s).

Do 2 session(s) a day.

### ☐ Soleus Stretch ( Towel Assisted )



- i. Sit with your affected knee bend and a towel looped around your foot.
- ii. Pull the towel towards you until a comfortable stretch is felt in your calf.

Hold 10 second(s).

Repeat 10 time(s) and do 5-10 set(s).

Do 2 session(s) a day.

### ☐ Gastrocnemius (Upper Calf) Stretch



- i. Stand with your hands outstretched against the wall.
- ii. Place affected foot behind, keep affected knee straight and point both feet forward.
- iii. Bend your non-affected knee until a stretch is felt in the affected calf.

Hold 15 second(s).

Repeat 10 time(s) and do 5-10 set(s).

Do 2 session(s) a day.

### ☐ Soleus (Lower Calf) Stretch



- i. Hold onto a wall and place your affected leg behind your unaffected leg.
- ii. Gently lean towards the wall with both your knees bent while keeping your heel down until a stretch is felt in the lower calf of your affected leg.

Hold 15 second(s).

Repeat 10 time(s) and do 5-10 set(s).

Do 2 session(s) a day.