

# POSTERIOR HEEL PAIN

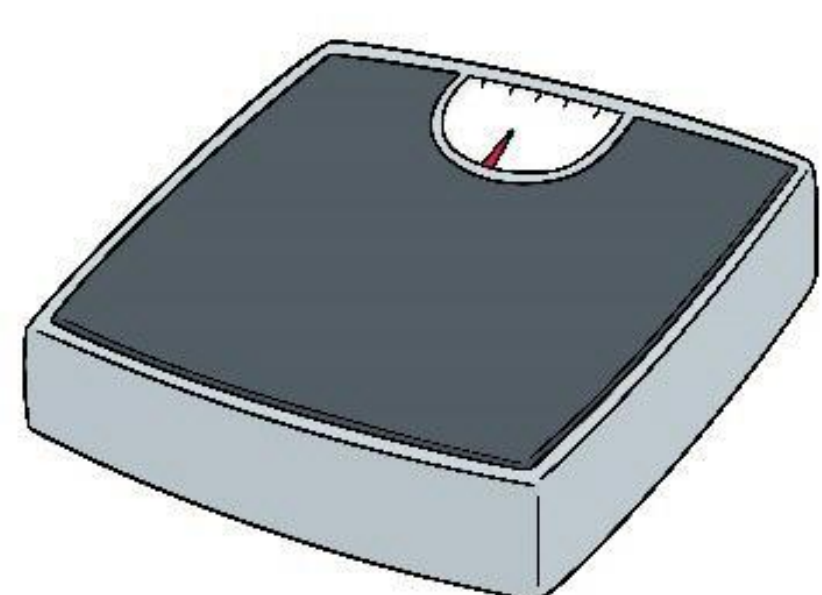
## Do You Have Pain at the Back of Your Ankle?

- Pain and swelling over the back of your heel
- Pain when squatting, or going uphill or stairs
- Stiffness at back of your heel especially after lying, sitting or standing for a prolonged period



If you have these symptoms, you may have a condition known as Achilles Tendinopathy.

Find out more about this condition and treatment options available by scanning the QR code below!



Healthy weight



Supportive shoes



Stretches



Scan the QR Code with your smart phone to access the information online or visit <https://nhghealth.com.sg>

Department of Orthopaedic Surgery  
PECC-ORT-ED-2025-2076-v2

© Tan Tock Seng Hospital, Singapore 2026. All rights reserved. All information correct as of February 2026. No part of this document may be reproduced, copied, reverse compiled, adapted, distributed, commercially exploited, displayed or stored in a database, retrieval system or transmitted in any form without prior permission of Tan Tock Seng Hospital. All information and material found in this document are for purposes of information only and are not meant to substitute any advice provided by your own physician or other medical professionals.