

Comments, Compliments, Complaints

Hertfordshire Community NHS Trust offer high quality services and aim to be as helpful as possible. If however you are dissatisfied by our service then we would like to know so that we can make improvements.

Please contact either:

Patient Advice and Liaison Service (PALS)

Tel: **0800 011 6113**

10am to 2pm, Monday to Friday

Messages can be left outside these hours

Email: pals.hchs@nhs.net

Patient Experience Team

Tel: **01707 388036**

9.30am to 4pm, Monday to Friday

Messages can be left outside these hours

Email: complaints.hchs@nhs.net

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If you would like a copy of this document in LARGE PRINT, Braille or audio tape, or would like this information explained in your own language, please contact 01707 388148

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Achilles Tendon Pain

Self-Management Information for Patients



This leaflet has been produced by staff working in our Outpatient Physiotherapy teams, part of our Musculoskeletal Service

About the Achilles Tendon

The Achilles tendon attaches your calf muscle to your heel bone. Pain in this tendon is commonly caused by overuse, a sudden increase in activity or poor walking habits. As tendons do not have a good blood supply their healing is slow. Gradual loading helps to increase blood flow, which aids recovery. Thickening or a lump can be felt in the tendon and is rarely a sign of anything serious.

Treatment

If your Achilles tendon pain has started within the last week, it is advisable to follow PRICE:

- Protection
- Rest
- Ice
- Compression
- Elevation

You may find the use of a small heel raise inside your shoe helpful; these can be bought in most chemists. If your Achilles tendon pain has lasted more than 5 days you may find heat beneficial and may need advice from your local pharmacist for over-the-counter pain medication, creams or gels. Massaging the tendon with a cream or gel can help, but make sure you take precautions to protect your skin from irritation.

Suggested Exercises:

Stage 1

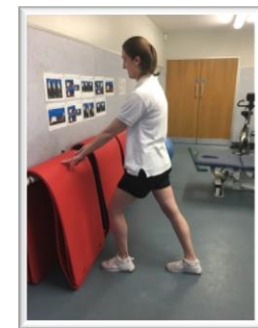
Isometric Heel Raises

- Stand on tip toes
- Hold for 10 seconds
- Repeat 10 times



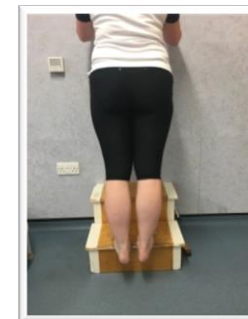
Calf Stretches

- Stand with one foot in front of the other, both feet pointing forwards
- Lean forwards keeping your back knee straight
- Hold for 30 seconds
- Repeat 3 times



- Stand with one foot in front of the other, both feet pointing forwards
- Lean slightly forwards bending your back knee
- Hold for 30 seconds
- Repeat 3 times

Stage 2:



Heel Drop / Heel Raise on step

- Stand on bottom step, holding on for balance
- Push up on to tiptoes
- Slowly lower and drop heels down
- Return to middle
- Repeat until fatigued

Continue with stretches

It is important to try to stay as active as your pain allows. Too much rest doesn't help the tendon heal and can prolong recovery in the long-term. Gradual progression of activity and exercise is the best way to help your tendon recover. Keeping to a healthy weight can also help to reduce your symptoms.

If your symptoms worsen or persist after completing these exercises for 8-12 weeks, then please seek further medical advice from your GP.