

COMMON RUNNING INJURIES – ACHILLES TENDONITIS

SYMPTOMS

Achilles Tendonitis is characterized by pain with when the foot lands while running and the heel is stretched beyond its current elasticity, when running up the stairs, or when running uphill. Pain may be more prominent in the morning with the first few steps out of bed. This is because the calf muscle is shortened in sleeping positions.

COMMON CAUSES

Causes may include:

- Excessive hill running or stair climbing
- Tight calf muscles
- Incorrect shoe type.
- Quick transition from a high to low heel to toe ratio of running shoes
- Old worn out running shoes
- Change in shoes or running surface
- Training errors (increasing mileage or intensity too quickly)
- Poor Foot mechanics. Inefficient foot.
- Increasing weekly mileage too quickly

TREATMENT

Treatments for this condition may include:

- Modification of training schedule
- Stretching calf muscles. Gently to start and then increase the stretches as the Achilles tendon becomes less sore and more elastic.
- Physical therapy
- Ice
- Using appropriate devices, such as heel lifts, insoles, or a higher heel to toe ratio in your running or athletic shoes
- Massage
- Anti-inflammatory medications (if tolerated)
- Avoiding hills while soreness is occurring

PREVENTION

To help prevent Achilles tendonitis from occurring, proper stretching—such as leaning into a wall with your back leg straight or knee slightly bent—as well as proper shoe maintenance should be used.