



DR. ANNALISA Y. CO | 5931 STANLEY AVENUE, SUITE 4, CARMICHAEL, CA 95608 | PH (916) 244-7630
WWW.OLYMPICFOOTANDANKLE.COM

ACHILLES TENDONITIS HOME TREATMENT

ACHILLES TENDONITIS occurs when the Achilles tendon is irritated or injured leading to inflammation and pain. This pain is typically located at the back portion of the heel and ankle. It can be more painful with the first few steps after getting out of bed or from a chair, but can be also bothersome after prolonged standing and activity as well. Two main components make up ACHILLES TENDONITIS:

1. Inflammation
2. Poor foot and ankle mechanics

Achilles tendonitis home care consists of recommendations to help both components:

Inflammation remedies

1. **Ice** the painful areas of the foot for 20 minutes 4 times a day or more. The more you ice, the better.
2. You can use an **anti-inflammatory medication** as directed. This includes Motrin, Ibuprofen, Advil, Aleve or Celebrex. Holistic, anti-inflammatory remedies include Curamin, Ginger and Tumeric. (Tylenol is NOT an anti-inflammatory medication). Ask your doctor about other medications you are already taking which may help with inflammation.

Mechanical remedies

1. **Gently stretch** the Achilles tendon, calf muscle, and the hamstring muscles gently before getting out of bed or a chair AND throughout the day.
2. Wear good, **supportive shoes**. They should be less than a year old. Shoes with a mild heel and not completely flat can help the pain. A heel lift can be added to put slack on the tendon while healing.
3. Invest in a good **arch support**. Custom-made orthotics prescribed by your doctor are superior to any over-the-counter insert. Wear them inside supportive shoes daily until the pain is gone. NEVER walk barefoot, even in the house.

Most people who experience prolonged ACHILLES TENDONITIS do so because they do not follow ALL of the home treatment recommendations everyday.

- It **IS** common to have ACHILLES TENDONITIS for weeks to months. Following all of the home treatment instructions will give the best chances of healing quickly and preventing future flares.
- It **IS** common to need additional treatment if the home remedies are not enough to resolve your pain. Your doctor has other conservative options if further treatment is needed.

Not all ACHILLES TENDONITIS are the same. If your pain is not resolving with the home treatment recommendations, contact Olympic Foot and Ankle at 916-244-7630 for further evaluation.