

The Truth About Achilles Tendinitis

The truth is it's much harder to get rid of than most people think.

It's bad enough to get Achilles pain above where it inserts into the calcaneus but when it occurs at the insertion site, look out for a much longer healing process.

Achilles tendinitis above the insertion responds to stretching, ice and rest. Achilles pain at the insertion can respond to these treatments but usually requires a more aggressive plan.

Since Achilles tendinitis is mostly caused by a biomechanical fault, addressing this fault is critical to helping get relief.

Treating Achilles pain more aggressively consists of some form of immobilization, an NSAID, Physical Therapy, specific shoe recommendations and Orthotics.

Since many people who have pain at the insertion site also have a large bone spur, removing the spur may be indicated in resistant cases.

If there isn't much improvement from the above treatments, then an MRI is usually used to rule out a tear or bone pathology.

The last resort, of course, is surgical removal of the bone spur and thinning out of the usually thickened tendon. The end result of this can be wonderful for long time sufferers.

Many people can't exercise because of Achilles pain and they aren't treating it. This condition can be exacerbated by being overweight. And not being able to exercise contributes to weight gain. Helping people become more active has tons of health benefits.

Becoming more active starts with healthy feet.