



Jubilee Sports
physiotherapy

Jubilee

Issue 1

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Introducing *Jubilee*: Jubilee Sports Physiotherapy's New Publication

The staff of Jubilee Sports Physiotherapy would like to wish all our patients a Happy New Year.

As 2009 brings new beginnings we would like to introduce our new publication *Jubilee*.

Each issue will provide you

with tips for better health, information regarding common injuries and causes, ways you may be able to avoid common pain symptoms, and exercises to enhance your wellbeing and sporting performance.

If there are topics of interest

you would like us to cover in future issues we encourage you to contact us with your suggestions .

We hope you find the information contained in *Jubilee* useful.

Achilles Tendonitis



Inflammation of
Achilles Tendon

Achilles tendonitis is a common overuse injury.

It occurs when the achilles tendon is stressed until it develops

small tears. Runners seem to be the most susceptible.

People with flat feet or hyperpronated feet (feet that turn inward

while walking) are also prone to achilles tendonitis.

The pain is generally about 5cm above the heel bone. Pain is accompanied by stiffness, especially at the first step in the morning, or rising after long periods of rest. There may be some swelling and extreme tenderness to the touch.

It is important to recognize the aggravating activity so that it can be eliminated during the healing process. Treating tendonitis as soon as it develops will prevent progression to tendon degeneration which can then take months and even up to a year to heal.

The initial treatments focus on

taking the stress off of the achilles tendon, resting and decreasing inflammation.

If you are a runner or a walker, switch to biking or swimming during the healing process.

Ice the back of the heel and tendon for at least 10 minutes twice a day. Add more calf stretches to your daily routine.

If the symptoms of tendonitis have not improved within 2 - 4 weeks, an appointment with your physiotherapist is recommended for assessment of your foot mechanics and muscle strength.

“Add more calf stretches to your daily routine.”

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