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ACHILLES TENDONITIS

Side view of lower leg



WHAT? Achilles Tendonitis is an inflammatory condition due to microtearing of the tendon.

SYMPTOMS? Pain along tendon, sometimes worse with activity or after periods of inactivity. After sitting for long periods or first thing in the morning.

CAUSES? Common causes of Achilles Tendonitis are poor footwear, or tight Gastrocnemius muscles. Also, changes in exercise schedules, such as a runner increasing the length of his or her run, could cause Achilles Tendonitis.

TREATMENT OPTIONS

The Key is to decrease the activity that is causing the inflammation while healing takes place, then a gradual build up to a pre inflammatory condition

LASER - Reduces inflammation/swelling and increases cellular repair

MASSAGE - Treating adhesions and lengthening / stretching musculature

BRACING - Eases pain during the day and corrects alignment while providing comfort and support

ORTHOTICS - Corrects any gait problems such as over-pronation

ICING - Beneficial for decreasing inflammation and pain



Back 'n Motion offers a multi-faceted approach to pain management.

LASER · MASSAGE · ORTHOTICS · BRACES · STOCKINGS