Gazelle Sports

Achilles Tendonitis or Tendonosis

What is it?

- The achilles tendon connects the calf muscle to the heel bone. It lets you rise up on your toes and push off when you walk or run.
- Tendonitis is inflammation of this tendon. Tendonosis is the breakdown of tissue which is the result of chronic injury or failed healing caused by overuse.

What does it feel like?

- You may have pain and swelling in the ankle area; the pain may come on gradually or during or after your walk or run.
- You may have less strength and range of movement in the ankle.

What are possible causes?

- Often caused by overuse or repeated movements during sports, work, or other activities.
- Not warming up before exercising.
- Wearing shoes with poor arch supports or rigid heels.

What can I do?

- Rest. Mild cases can take weeks to months of rest for the tendon to repair itself.
- Stretching exercises.
- Wear well-cushioned shoes and change the way you play sports so that you reduce stress on the tendon.

Anything I can do to prevent this?

- Warm up and dynamic stretch before any sport or intense activity.
- Cool down and stretch.
- Wear shoes that cushion your heel during sports or intense activity.
- Wear heel pads or other orthotics designed to reduce stress on the Achilles tendon.

Try these products

- Compression sleeves or socks
- The Stick Massager
- KT tape
- Foam roller
- Spri Wobble Board
- Spri bands
- Yoga bands
- Shoe inserts

Gazelle Sports is pleased to provide general information such as that above, however, this information is not intended as a substitute for professional medical advice.

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