

## Achilles Tendinitis and Physical Therapy

---

Achilles tendinitis is an inflammation of the large ropelike band of fibrous tissue in the back of the ankle that attaches the calf muscles (gastrocnemius-soleus complex) to the heel bone (calcaneus). This is generally a result of overuse characterized by inflammation of the tendon near or about its distal insertion. The role of the Achilles tendon is to plantarflex the ankle and it is vital to such activities as walking, running, and jumping. Early referral to physical therapy can help prevent a chronic inflammatory cycle.

Physical therapy treatment often includes the use of modalities such as ultrasound, phonophoresis, or iontophoresis to decrease the inflammation in the tendon, along with tissue mobilization techniques. These treatments are complemented by various stretching and strengthening exercises. Patients will also be instructed in a customized home exercise program.

### Signs and Symptoms of Achilles Tendinitis include:

- Tenderness along either the medial or lateral aspect of the distal tendon insertion
- Pain with resisted plantar flexion
- Pain with passive ankle dorsiflexion
- Pain with walking, running, or jumping especially during the phase of gait referred to as push off

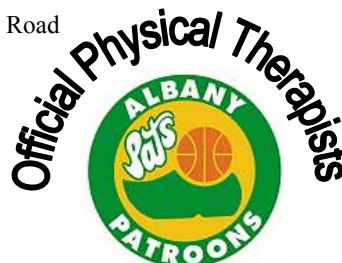
---

**Offices are conveniently located in Clifton Park, Delmar, Latham, and Schodack.**

**Clifton Park:** 1735 Route 9  
Phone: 518.373.2042  
Fax: 518.373.1293  
Open M/W/F 7:00am-4:00pm  
T/Th 10:00am-7:00pm

**Delmar:** 250 Delaware Avenue  
Phone: 518.439.2417  
Fax: 518.439.1190  
Open M/W/F 7:30am-4:30pm  
T/Th 9:00am-6:00pm

**Latham:** 711 Troy-Schenectady Road  
Phone: 518.783.3110 x3199  
Fax: 518.220.9506  
Open M-Th 7:00am-8:00pm  
Fridays 7:00am-4:00pm



**Schodack:** 81 Miller Road  
Phone: 518.213.0398  
Fax: 518.479.0493  
Open M/F 7:30am-7:30pm  
T/Th 9:00am-6:00pm  
Wednesdays: 7:30am-4:30pm