THE PERFORMANCE EDIT

FROM THE GROUND UP **THE FOOT COMPANY X SOLEVO PHYSIO**

ACHILLES PAIN? DON'T LET IT SLOW YOU DOWN

Why your Achilles tendon gets sore and how to rebuild its strength so you can get back to running, walking and doing what you love.





Experiencing pain or stiffness at the back of your ankle, particularly first thing in the morning, walking upstairs or starting a run? It could be Achilles tendinopathy, a common condition affecting the tendon that connects your calf muscles to your heel bone.

Your Achilles tendon plays an important role in walking, running and jumping. When the demands placed on it exceed its ability to cope, it can become painful and less tolerant to activity. This often happens following changes in training load or increased repetitive activity.

Symptoms commonly include morning stiffness, tenderness through the tendon and pain during or after exercise. The good news is that with the right load management and progressive strengthening, you can rebuild tendon capacity and get back to doing what you love.







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HOW YOU CAN MANAGE YOUR ACHILLES

- **Load Management:** Temporarily adjust running, jumping and other aggravating activities rather than stopping all activity. Finding the right balance is key.
- **Calf Strengthening:** Progressive calf raises, including straight and bent-knee variations, help rebuild the strength and capacity of the Achilles tendon.
- **Gradual Progression:** Increase exercise resistance and activity levels as your strength and symptoms improve. Rushing back into sport can cause symptoms to flare up.
- **Return to Sport:** Gradually reintroduce running, jumping and higher-impact activities once your tendon has built up enough strength to tolerate them.

WHEN YOU SHOULD SEEK HELP?

If Achilles pain is lingering, returning regularly or starting to affect your walking, running or exercise, it's worth getting it assessed. A physiotherapist can help you safely return to activity.

Don't let Achilles pain keep you on the sidelines. Our physio team can help you rebuild strength, improve tendon capacity and get back to doing what you love.

www.solevo.com.au - 4/42-46 Wattle Road Brookvale - 1300 366 826