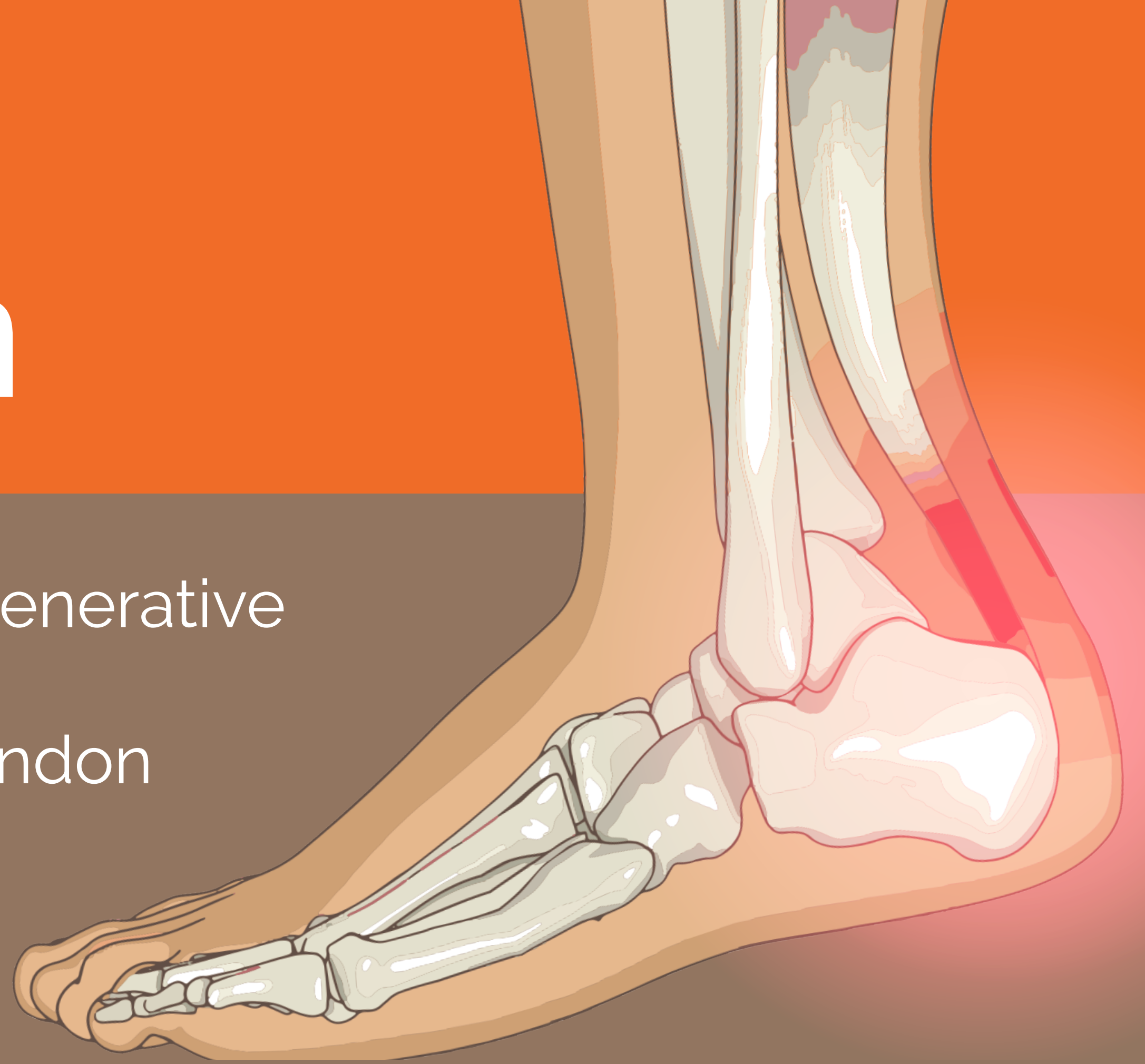


Achilles Tendon Pain

Achilles tendon pain is due to degenerative changes of the Achilles tendon. Common symptoms of Achilles tendon pain include pain in the back of the ankle that may extend down into your heel.



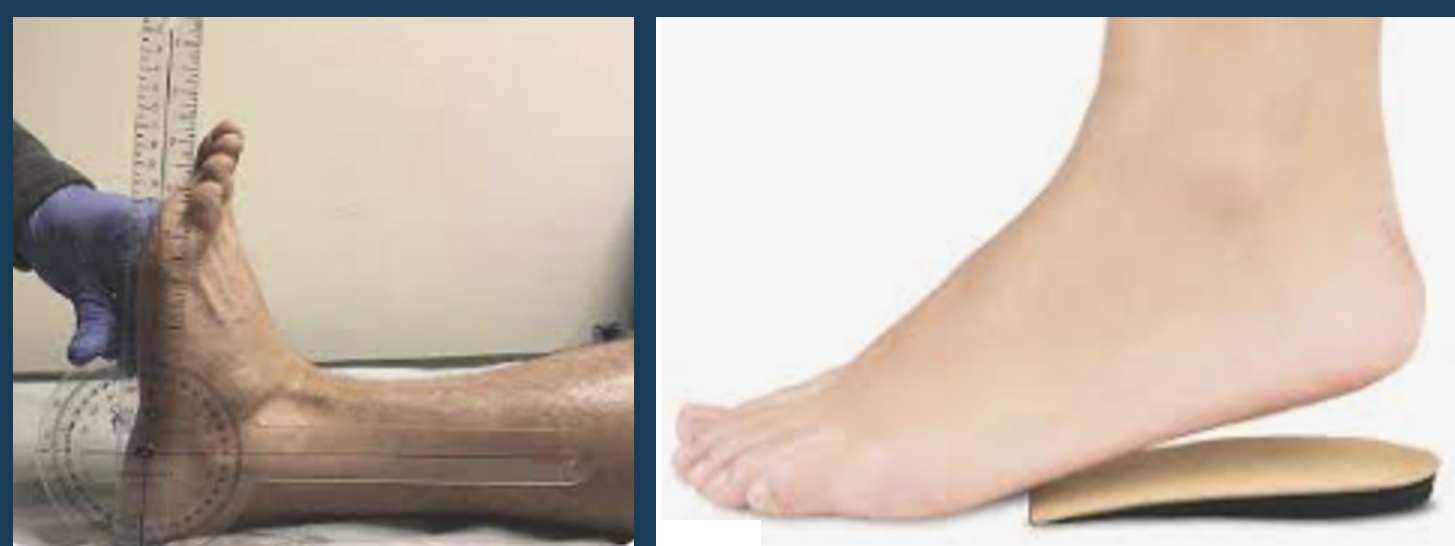
What to expect from your Physical Therapist

Education regarding appropriate running and/or training approaches

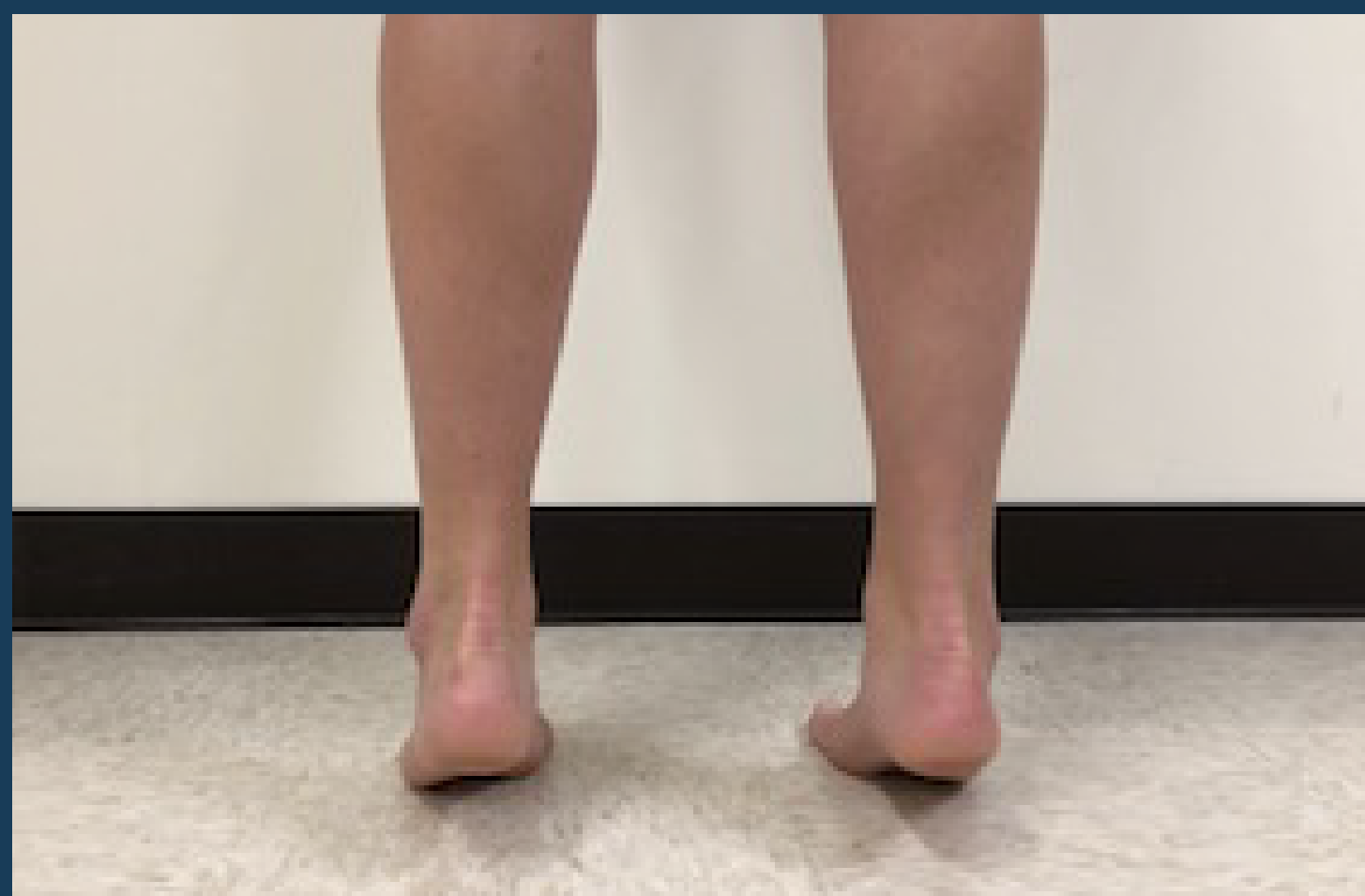
Specific exercises you can do to improve tendon health

Best approaches to prevent further injury

Common recommendations:



- **Heel lifts or footwear modifications**
- **Strength training**
- **Stretching**
- **Strategies to reduce pain**



GENERAL GUIDELINES FOR ALL ACHILLES TENDON MANAGEMENT:

Avoid complete rest
Continue to be active within pain tolerance