

# Management plan for Achilles problems

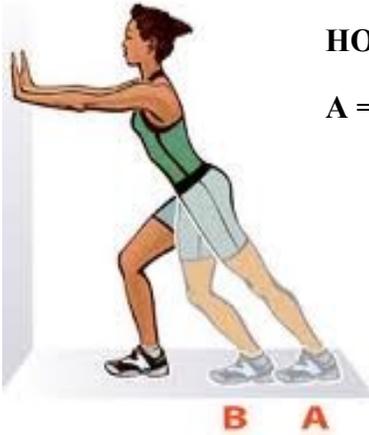
1. REDUCE PHYSICAL ACTIVITY:
  - A. If your pain score is  $<5/10$  you need to reduce your activity levels by 25%.
  - B. If your pain score is  $>5-7/10$  reduce your activity levels by 50%.
  - C. If your pain score is  $>7/10$  you need to stop all physical activity until the condition improves.
2. Take Voltaren Rapid 25 or Ibuprofen daily for 2-3 weeks with meals.  
Should you experience diarrhoea or stomach upsets cease. Do not take the medication if you are allergic to anti-inflammatory medication, have high blood pressure, are already taking prescribed anti-inflammatory medication or been advised by your General Practitioner not to use such medication.
3. Do Achilles program and calf stretches as often as you can.
4. Apply ice to the Achilles for 15minutes at least x1 daily.
5. Voltaren or Feldene Emugel as a night wrap can be very effective. Use for 5 applications then nil for 2 days. Repeat cycle as required.
6. Avoid flat shoes and flip flops. A jogger & shoe with a heel will reduce load on the Achilles tendon.
7. ESWT is a validated method in the treatment of Achilles conditions
8. ORTHOTICS— Maximise the time spent wearing orthotics. The more frequently they are used the more the foot is rested and supported.
  - A. Think of your orthotic as a brace for the foot. However, rather than it being attached to your foot, it sits inside your shoes.
  - B. If you do not have appropriate shoes, you must get some. The orthotic will only be as good as the shoe it sits in. If you do not have the correct shoes and do not use the orthotic regularly your condition will not get better.
  - C. Remember, the orthotic will not be a “silver bullet” ...it may not fix or even improve your condition; however it will optimise your foot biomechanics when used with correct shoes.
8. Weight reduction as a long term goal is very helpful in reducing load forces.





**HOLD STRETCHES FOR 30 seconds x 3-5 reps.**

**A = knee straight      B = knee bend**



### Table 1: Summary of Alfredson's heel-drop exercise programme

Exercise	Stand on the edge of a step and rise up on to your toes; Lift the non-painful leg and then slowly lower your weight through the painful leg; Your heel should drop below the step; Perform the exercise with both a straight and bent knee; Expect some pain when performing the exercises, but do not continue if the pain is disabling.
Repetitions	3 x 15 performed with a straight knee 3 x 15 performed with a bent knee
Frequency	Twice daily
Progression	Add a weighted backpack as the exercises become more comfortable; It is not uncommon for people to progress to 50kg or more of additional weight.

