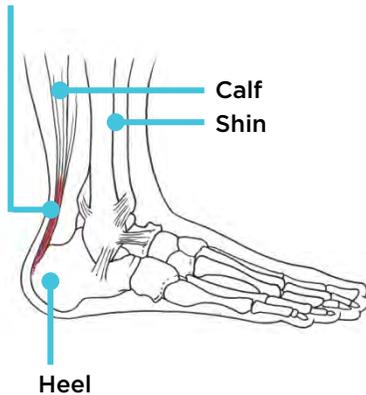


# Achilles Tendonitis

## Achilles tendon



Your child is diagnosed with Achilles tendonitis. This is inflammation of the Achilles tendon, a large tendon that connects the calf muscles to the heel. Overuse and exercise of the muscles around the tendon can lead to inflammation. This can happen when your child starts a new exercise routine or increase activity level. Tendonitis can also be caused by tight muscles or tendons.

## Symptoms include:

- Pain or swelling at the heel or back of the ankle
- Soreness in the morning
- Tightness and pain in the calf muscles
- Pain at the beginning and end of exercise

## Common treatments include:

- Rest
- Ice
- Stretching
- Shoe inserts (orthotics)
- Physical therapy

Your child should avoid jumping, running, tight shoes, and any activities that cause pain.

## Exercises for Achilles tendonitis

Begin doing these exercises until your child's visit with a physical therapist. Exercises should be pain free. If pain worsens, stop the exercises. These exercise pictures may use a nylon belt, but your child may use a towel at home.

### Calf stretch with towel

1. Sit on a hard surface with the leg stretched out in front.
2. Wrap a towel around the ball of the foot and pull the towel until a calf stretch is felt.
3. Keeping the knee straight, hold for 30 seconds.

Do the stretch 3 to 5 times a day.



## To Learn More

- Sports Physical Therapy  
206-987-6400
- Ask your child's healthcare provider
- [seattlechildrens.org](http://seattlechildrens.org)

## Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.

## Hamstring stretch

1. Lie on back with towel looped around one foot. Hold towel ends in hands.
2. Keep knees straight and gently pull one leg up until a stretch is felt at the back of the leg.
3. Hold for 30 seconds.

Do the stretch 2 to 3 times a day on both sides.



## Heel raises

1. Stand using a stable surface (chair or counter) for balance.
2. Slowly rise up on toes, then slowly lower down to the ground.

Repeat 2 sets of 10.



## Balance on one leg

1. Stand on a level surface.
2. Lift up one leg and balance for 30 seconds.  
Keep hips level.

Repeat 3 times on each leg.

