

#### CLINIC SERVICES:

- Back Pelvis and Lower Limb Injuries
- Hip, Knee and Ankle
- Sport and Dance Injuries
- Work injuries
- "Hands on" Treatment
- Exercise Based Approach
- Massage Therapy
- Pilates
- Sports Orthotics

#### CLINIC HOURS

Monday	9am - 6pm
Tuesday	9am - 6pm
Wednesday	9am - 6pm
Thursday	9am - 6pm
Friday	9am - 6pm

## Achilles Tendinopathy

Achilles tendinopathy is an unfortunately common complaint seen in a physiotherapy clinic. Achilles tendon pain is usually due to small tears in the tendon which can develop over time. This may occur due to a single incident of overstretching or straining the tendon, or through general overuse where the tendon becomes worn and damaged.

Several factors can contribute to the development of Achilles Tendonitis. These include:

- Wearing high-heeled shoes that shorten and tighten the calf muscle
- A sudden increase in the amount of training or walking
- Poor footwear that rub against the tendon or do not support the foot adequately
- Training on hard or uneven surfaces – beach running and running up hills is notorious for this
- Insufficient stretching or recovery between training sessions
- Poor foot biomechanics – excessive pronation is the most common
- Weight gain

Achilles symptoms include pain in the Achilles tendon, heel or lower calf. Tenderness to pressure and redness and swelling are common. There may be difficulty rising up onto your toes, particularly when standing on 1 leg only.

**Early physiotherapy treatment for this problem is vital as it can**



**become difficult to resolve the longer it has been there. Full rehabilitation is important to achieve an optimum outcome and prevent recurrence.**

Treatment may include:

- Correction of foot biomechanics – advice on footwear and/or the prescription of orthotics.
- Loosening of muscle and joint structures that may be impairing or altering normal movement of the calf muscles and ankle joint. This may include mobilizing or manipulating the bones of the ankle and the foot as well as stretching and releasing the muscles of the calf.
- Strengthening program to prevent re-injury

### S-T-R-E-T-C-H Of The Month

#### Calf Stretch

1. Start standing on one leg on a stair or curb, with your heel hanging off the back.
2. Gently press your heel toward the ground until you feel a gentle pull along the back of your lower leg.
3. Hold for 30 seconds.
4. Then slowly bend your knee slightly, until you feel the stretch move lower on the calf.
5. Hold 30 seconds.
6. Switch legs, repeating twice on each side.

### TOWARDS WELLNESS

#### New Year Resolutions

New Year's resolutions are a bit like babies, they're fun to make but extremely difficult to maintain. Why not take the opportunity to set your mind on ways to live a full life.

Here are some tips on how to develop challenging, lasting and meaningful goals for 2015.

Start by asking yourself three questions:

1. What characteristics of myself do I value most?
2. What are my signature strengths?
3. What would make me stronger?

**Making a long-term commitment, regardless of what it is, starts with a single step forward.**



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