

Immediate treatment of inflammation using PRICE;

The treatment should be used directly after the injury has been sustained and carried out for 3-5 days.

Tissue injury involves damage to small blood vessels, which in turn results in bleeding at the site of injury. There are 5 main signs of inflammation that can be recognized; Heat, redness, swelling, pain and loss of function. Inflammation is a necessary bodily response for the healing process of the damaged area. However we can use PRICE as the body tends to over react to injury, to minimize the symptoms and reduce discomfort.

- **P - PROTECT** - protecting the injured tissue from further damage, whilst allowing swelling to accumulate.
- **R - REST** - reducing the energy requirements of the area as well as avoiding any excess blood traveling to the area.
- **I - ICE** - which causes vasoconstriction, allowing the blood vessels to reduce blood flow to the area. Crushed ice in a damp towel works best, and should be put on immediately after injury for 20 minutes, then every 3-4 hours at 5 - 10 minutes duration.
- **C - COMPRESSION** - Simple bandages will do, whilst making sure the bandages are not too tight.
- **E - ELEVATION** - The injured area should be placed higher than the heart level, in turn helping to reduce blood pressure, limit bleeding as well as encouraging removal of fluid through the lymphatic system.



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Achilles Tendinosis Rehabilitation

About your injury;

Achilles tendinosis is a condition that affects the bottom end of your Achilles tendon, which connects your calf to your heel. It tends to be more common in males, where it involves the degeneration of the tendon. The symptoms usually include;

- An increase in pain during and after exercise around the tendon.
- Stiffness in the morning
- Pain when raising your heel.

It is important that the injury is dealt with quickly, as if it is left it can become a long term problem - leading to permanent damage to the tendon.



Warm up and warm downs;

When carrying an injury it is especially important to make sure there is sufficient blood flow to the area in question as well as warming the muscles. This must be carried out before any stretches, and is usually done so by having a light jog for up to 5 minutes. Upon finishing an activity a warm down must also be carried out, which allows for the removal of lactic acid as well as a gradual decrease to heart rate and blood pressure. This should be carried out with a light jog decreasing to walking pace.

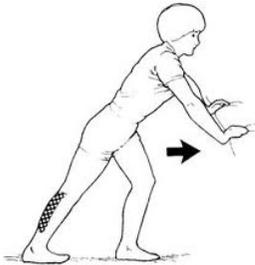


Exercises for Achilles Tendinosis

- All stretches must be carried out for at least 20 seconds as well as being repeated 3 times for each leg.

1. Gastrocnemius Stretch

Stand facing a wall - resting both palms against it. Extend your left leg straight out behind you and bend the front right leg. Keep the heel of your leg down and lean forwards to feel a stretch in the calf .



2. Soleus stretch

Take the same position as in exercise 1. but this time bend the back leg slightly, in so doing changing the emphasis of the stretch on to the other muscle which makes up the calf areas.



3. Flexor Hallucis longus stretch

Take the same original as the two exercises above, take your back foot forward and place your big toe against your heel so that it stretches your toe upwards. The muscle you should feel the stretch in is attached to your toe.

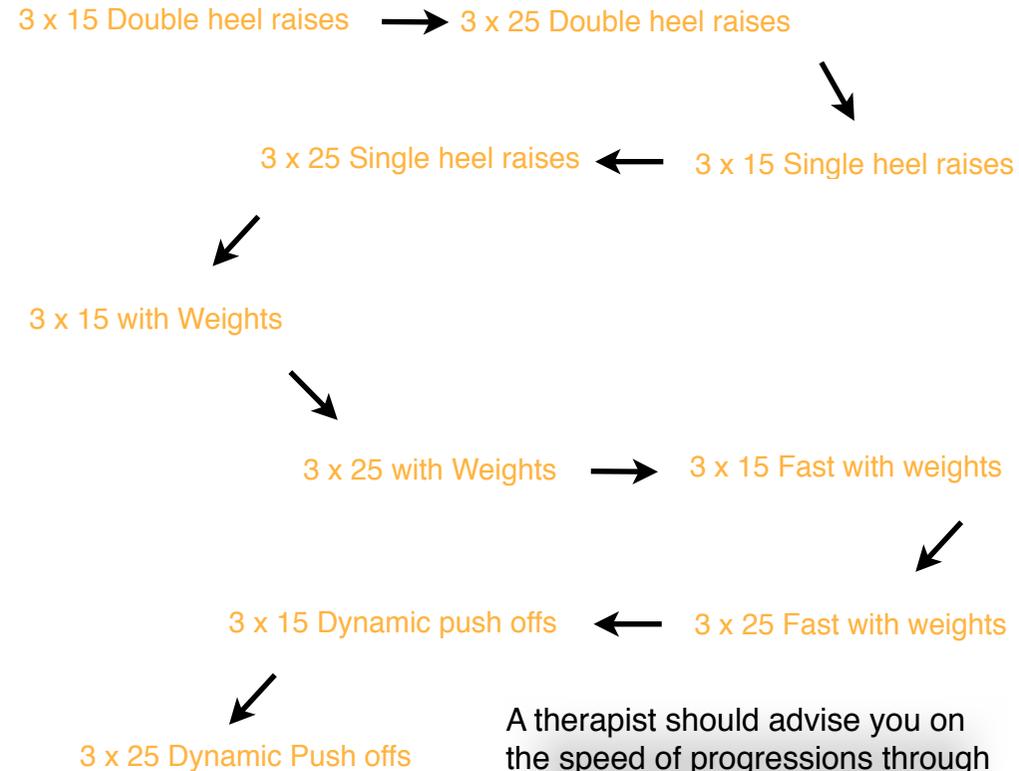
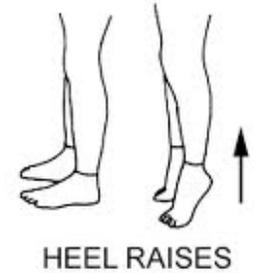
4. Tibialis Posterior Stretch

Cross the unaffected leg in front of the affected leg, whilst keeping your heels on the ground. The stretch should be felt in the back of the calf.

Strengthening Exercises

Rehabilitation Programme;

The exercise programme below has been specifically designed to stretch tight muscles and strengthen the surrounding muscles of the ankle joint. It is important that these exercises are carried out with good technique - poor practice will lead to an extra strain on the injury.



A therapist should advise you on the speed of progressions through the exercises. Progressions are not only about capability to perform the exercise, but to perform them with control.

