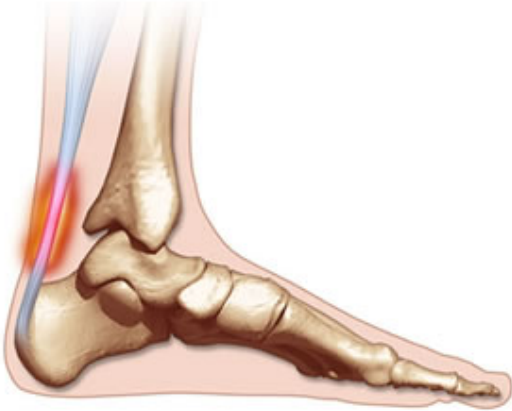


## Achilles Tendonitis and Achilles Bursitis

### Do you have heel pain at your Achilles tendon area?

#### Achilles Tendonitis



Achilles tendonitis and bursitis can be related to:

- 1) Tight calves which pull on the tendon,
- 2) Poor foot mechanics and arch control,
- 3) Overuse or return to sports, running or other activity without prior season preparation or warm-up,
- 4) Lower back and hamstring tightness.

### What can you do to help yourself??

- 1) Use good footwear for running or sport. Get help if you are unsure which shoes work best for your foot type.



- 2) Rest and Ice after activity if acutely sore,
- 3) Rolling out the calf and hamstring with a roller stick, foam roller, pressure point ball or hands!
- 4) Stretching your back, hamstrings and calves,
- 5) Strengthening when appropriate to allow you to return to sport & activity more easily without pain.
- 6) Call us for help to determine what you need to do!

**604-983-6616**

ICE

