

Treating Achilles tendonitis:

Many treatments are available for Achilles tendonitis, your doctor might suggest:

- Reducing your physical activity
- Very gentle stretching and later strengthening of the calf muscles
- Wearing Arch Supports with a built-up heel to take tension off the Achilles tendon

Preventing Achilles tendonitis

To lower your risk of Achilles tendonitis, try to:

- Choose shoes with proper cushioning and arch support. Stretch your calf muscles at the beginning of each day to improve your agility and make your Achilles less prone to injury. Try to stretch before and after workouts. To stretch your Achilles, stand with a straight leg, and lean forward as you keep your heel on the ground.

- Ease into a new exercise routine, gradually intensifying your physical activity.

Disclaimer: At Feet First Arch Supports, we do not diagnose, prescribe or fill prescriptions. For serious foot related problems, please consult your physician. Use of products and information provided herein is at the clients' sole discretion.