

## CONDITIONS TREATED

- Achilles Tendonitis • Arch Pain / Arch Strain • Athlete's Foot • Bunions (Bunionettes)
- Callouses / Corns • Claw Hammer Mallet Toes • The Diabetic Foot • Heel Pain • Heel Spurs
- Ingrown Toenail • Knee Pain • Metatarsalgia • Morton's Neuroma • Morton's Toe • Neuropathy
- Overlapping Toes • Over Pronation (Flat Feet) • Plantar Fasciitis • Post-tib Tendonitis
- Sports Injuries • Shin Splints • Verrucae

## SERVICES INCLUDE

- Gait Analysis • FootScan • Orthoses

---

## Achilles Tendonitis

A condition affecting the achilles tendon and characterised by progressive pain and swelling of the same. Painful in the morning usually or more so if the day before involved increased activity or participation in sports. May improve following a short period of activity or a warm up with stretching.

This condition left untreated carries the risk of achilles tendon rupture. Most cases are caused by poor foot and lower limb mechanics, tight and or poor muscle balance. Mechanical therapy plays an important role in the management of this condition if surgery is to be avoided. Treatment of Achilles Tendonitis.

This involves the use of orthoses to address any poor foot function and posterior leg night splints. This combined with appropriate exercises and physiotherapy will provide impressive results.

