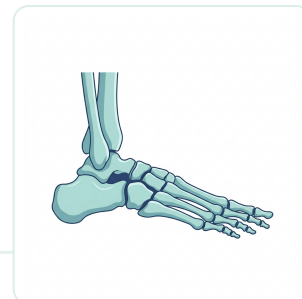


PATIENT EDUCATION · COMMON FOOT & ANKLE CONDITIONS

## Achilles Tendon Pain

The Achilles tendon connects the calf muscles to the heel bone and powers every step you take. Achilles tendinitis is inflammation of this tendon — usually from overuse, a sudden increase in activity, tight calf muscles, or unsupportive shoes. Pain and stiffness are often felt at the back of the heel, especially in the morning or after exercise. Without care, chronic irritation can weaken the tendon over time, so earlier treatment leads to better outcomes.



For educational illustration only.

### At a Glance

|                     |                                                                                                  |
|---------------------|--------------------------------------------------------------------------------------------------|
| Focus area          | Common Foot & Ankle Conditions                                                                   |
| Goal of care        | The Achilles tendon connects the calf muscles to the heel bone and powers every step you take.   |
| Where it's provided | In our office or a surgical center, based on your evaluation and what is clinically appropriate. |
| Your next step      | A consultation with Dr. Stephen Wigley IV to review your symptoms and options.                   |

### Who May Benefit

- Anyone with pain or stiffness at the back of the heel or lower calf
- Runners, athletes, and active patients with overuse symptoms
- Patients whose tendon pain returns with activity

### When to Seek Care

- Heel-cord pain lasting more than a couple of weeks
- Morning stiffness at the back of the heel
- Swelling or a tender bump along the tendon
- Sudden sharp pain or a popping sensation (seek care promptly)

### How We Evaluate

- Examination of the tendon, calf flexibility, and foot structure
- Review of activity, footwear, and training changes
- Imaging when needed to assess the tendon

### Treatment Options

- Calf stretching and strengthening program
- Activity modification, icing, and anti-inflammatory measures
- Heel lifts, supportive footwear, or orthotics
- Physical therapy and advanced options for persistent cases

### What to Expect

1

A personalized plan — most Achilles pain improves without surgery

2

Guidance on safe return to activity

3

Step-up options if symptoms persist

### Common Questions

#### Can I keep exercising with Achilles pain?

Often yes, with modifications — but pushing through worsening pain can lead to chronic tendon damage or rupture. An evaluation helps you stay active safely.

### What if I felt a pop in my Achilles?

A sudden pop with weakness may indicate a tendon rupture and should be evaluated promptly.

### Sources & Further Reading

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- American College of Foot & Ankle Surgeons — [FootHealthFacts.org](http://FootHealthFacts.org)
- MedlinePlus, U.S. National Library of Medicine — [medlineplus.gov](http://medlineplus.gov)
- American Podiatric Medical Association — [apma.org](http://apma.org)

**Questions?** Call Wigley Feet at (305) 895-9528 to schedule an evaluation. New patients can also request an appointment at [www.wigleyfeet.com](http://www.wigleyfeet.com).