



Achilles Tendonitis

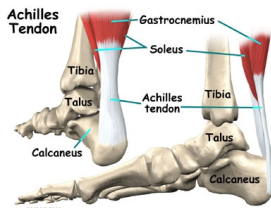
1 message

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Podiatry Weekly Tips: Achilles Tendonitis



Achilles Tendonitis

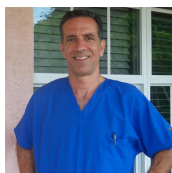
Achilles Tendonitis can be caused by overuse which can lead to injury or as we age the muscle tightens and can become strained. The Achilles Tendon is the band of tissue that connects the calf muscles at the back of the lower leg to the heel bone. Common sports that can cause achilles tendonitis are running, tennis and basketball.

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