

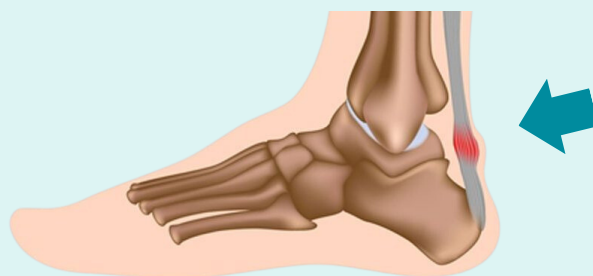
# Achilles Tendonitis and Bone Spurs

The Achilles tendon is a cord that links your calf muscle to your heel and helps you move your ankle and stand on your tiptoes. It is important for activities like running, walking, or playing sports.

Achilles tendonitis is when you hurt your Achilles tendon from too much use and it becomes swollen.

## What are the signs?

- The back of your ankle hurts while moving or trying to stand on your toes.
- A cracking sound when you move the ankle.



## What are my treatment options?

Brace	A brace can help support your foot.
Cast	A soft cast or boot will keep your foot still while you heal.
Cold/Heat	Ice and heat can help lower pain and swelling.
Medicine	Aspirin, Tylenol, or Motrin can help with pain and swelling.
Shoe Insert	Custom heel lifts lower the pressure on the tendon.
Physical Therapy	Physical therapy can help your muscles get better.
Surgery	A doctor can fix your injured tendons.

If left untreated, achilles tendonitis leads to extra bone growth in the foot and more pain. This is also known as bone spurs.

- Spurs are a bump on the top of the foot, under or behind your heel, or on your toe.
- You can use steroid shots, medicine, or physical therapy for treatment.
- With surgery, the achilles tendon can be repaired along with the removal of bone spurs on the heel.



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