

Please enable JavaScript in order to get the best experience when using this site.

- [Site Navigation](#)
- [Page Content](#)

[Menu](#)

State Government Victoria [Better Health Channel Logo](#)

[Caret](#)



-

[Health.vic](#)

[Victoria's hub for health services and business](#)



-

[DHHS](#)

[A gateway to the strategies, policies, programs and services delivered by the Department of Health & Human Services.](#)



-

[Seniors Online](#)

[Victorian government portal for older people, with information about government and community services and programs.](#)

[Show search toolbar](#)

[Contrast](#) [Sign Up](#) [Login](#)




Search

Type a minimum of three characters then press UP or DOWN on the keyboard to navigate the autocompleted search results

Navigation

[Home](#) [Close Menu](#)

- - [Conversation-Going-travelling](#)
- [Conditions and treatments](#)
 - [Conditions and treatments](#)
 - [Allergies](#)
 - [Allergies](#)
 - [Allergic reaction to packaged food](#)
 - [Anxiety](#)
 - [Arthritis](#)
 - [Asthma](#)
 - [Behavioural conditions](#)
 - [Birth defects](#)
 - [Blood and blood vessels](#)
 - [Bones muscles and joints](#)
 - [Bones muscles and joints](#)
 - [Foot care - podiatrists](#)
 - [Brain and nerves](#)
 - [Cancer](#)
 - [Complementary and alternative care](#)
 - [Dementia](#)
 - [Healthy living](#)
 - [Healthy living](#)
 - [Alcohol](#)
 - [Babies and toddlers \(0-3\)](#)
 - [Children \(4-12\)](#)
 - [Drugs and addictive behaviours](#)

- [Environmental health](#)
- [Family Violence](#)
- [Older people in hospital – Get well soon](#)
- [Health checks](#)
- [Healthy Eating](#)
 - [Nutrition for life](#)
- [Healthy mind](#)
- [Healthy pregnancy](#)
- [Immunisation](#)
- [Services and support](#)
 - [Services and support](#)
 - [Aged care services](#)
 - [Alcohol and drug services](#)
 - [LGBTI support](#)
 - [Carers, caring and respite care services](#)
 - [Child, family and relationship services](#)
 - [Disability services](#)
 - [Emergency, crisis and support services](#)
 - [End of life and palliative care services](#)
 - [Hospitals, surgery and procedures](#)
 - [Mental health services](#)
 - [Planning and coordinating healthcare](#)
 - [Pregnancy and birth services](#)
- [A-Z](#)
 - [A-Z](#)
 - [Conditions and treatments](#)
 - [Healthy living](#)
 - [Services and support](#)
 - [Videos](#)
 - [Service profiles](#)
- [Blog](#)
 - [Blog](#)
 - [Blog authors](#)
 - [Topics](#)
- [Podcast](#)
 - [Podcast](#)
 - [Influenza - Dr Brett Sutton & Prof Kanta Subbarao](#)
 - [Trauma - Anne Leadbeater OAM & Dr Rob Gordon](#)
 - [template](#)
- [Other sites](#)
 -  [Health.vic](#)  [DHHS](#)  [Seniors Online](#)
- [Sitemap](#)
- [My Health Life](#)
- [Facebook](#)
- [Googleplus](#)
- [Twitter](#)
- [Youtube](#)
- [Rss](#)
- [Conditions and treatments](#)
- [Healthy living](#)
- [Services and support](#)
- [A-Z](#)
- [Blog](#)
- [Podcast](#)



[Back to Bones muscles and joints](#)

- [Home](#)
- [Conditions and treatments](#)
- [Bones muscles and joints](#)
- [Achilles tendonitis](#)

Achilles tendonitis

- [Download PDF](#)
- [Listen \(show more\)](#)
- [Listen](#)
- [More \(show more\)](#)
 - [Email](#)
 - [Print](#)

Tags:

- [Bones muscles and joints - Hand and foot conditions](#)

Summary

- Achilles tendonitis is inflammation of the Achilles tendon (which attaches your calf muscles to your heel bone).
- In most cases, Achilles tendonitis is an 'overuse' injury.
- Treatment includes rest, non-steroidal anti-inflammatory drugs (NSAIDs), physical therapy and avoiding activities that aggravate the condition.
- Surgery is only considered if all other treatment options have failed to cure the condition within six months.

Achilles tendonitis is inflammation of the Achilles tendon, which attaches the calf muscles to the heel bone. In most cases, Achilles tendonitis is a type of overuse injury and is more common in younger people. Professional and weekend athletes can suffer from Achilles tendonitis, but it is also a common overuse injury in people not involved in sport.

Treatment includes rest, non-steroidal anti-inflammatory drugs (NSAIDs), physical therapy and avoiding activities that aggravate the condition.

Tendons explained

A tendon is a band of connective tissue that anchors muscle to bone. The Achilles tendon is the largest tendon in the body. It attaches the calf muscles to the heel bone (calcaneus) and is very important because it lets you lift your heel when you start to walk. It also helps you to walk, run or stand on tiptoe.

Symptoms of Achilles tendonitis

Symptoms of Achilles tendonitis include:

- pain in the back of the heel
- difficulty walking – sometimes the pain makes walking impossible
- swelling, tenderness and warmth of the Achilles tendon.

Degrees of severity of Achilles tendonitis

Achilles tendonitis is graded according to how severe it is:

- **mild** – pain in the Achilles tendon during a particular activity (such as running) or shortly after.
- **moderate** – the Achilles tendon may swell. In some cases, a hard lump (nodule) may form in the tendon
- **severe** – any type of activity that involves weight-bearing causes pain of the Achilles tendon. Very occasionally, the Achilles tendon may rupture (tear). When an Achilles tendon ruptures, it is said to feel like a hard whack on the heel.

Causes of Achilles tendonitis

Some of the causes of Achilles tendonitis include:

- **overuse injury** – this occurs when the Achilles tendon is stressed until it develops small tears. Runners seem to be the most susceptible. People who play sports that involve jumping, such as basketball, are also at increased risk
- **arthritis** – Achilles tendonitis can be a part of generalised inflammatory arthritis, such as ankylosing spondylitis or psoriatic arthritis. In these conditions, both tendons can be affected
- **foot problems** – some people with flat feet or hyperpronated feet (feet that turn inward while walking) are prone to Achilles tendonitis. The flattened arch pulls on calf muscles and keeps the Achilles tendon under tight strain. This constant mechanical stress on the heel and tendon can cause inflammation, pain and swelling of the tendon. Being overweight can make the problem worse
- **footwear** – wearing shoes with minimal support while walking or running can increase the risk, as can wearing high heels
- **overweight and obesity** – being overweight places more strain on many parts of the body, including the Achilles tendon
- **quinolone antibiotics** – can in some instances be associated with inflammatory tenosynovitis and, if present, will often be bilateral (affect both Achilles tendons), coming on soon after exposure to the medication.

Diagnosis of Achilles tendonitis

If you think that you may have Achilles tendonitis, see your doctor or a physiotherapist. Methods used to make a diagnosis may include:

- medical history, including your exercise habits and footwear
- physical examination, especially examining for thickness and tenderness of the Achilles tendon
- tests that may include an x-ray of the foot, ultrasound and occasionally blood tests (to test for an inflammatory condition), and an MRI scan of the tendon.

Treatment for Achilles tendonitis

The aim of the treatment is to reduce strain on the tendon and reduce inflammation. Strain may be reduced by:

- avoiding or severely limiting activities that may aggravate the condition, such as running
- using shoe inserts (orthoses) to take pressure off the tendon as it heals. In cases of flat or hyperpronated feet, your doctor or podiatrist may recommend long-term use of orthoses.

Inflammation may be reduced by:

- applying icepacks for 20 minutes per hour while the injury is painful
- taking [non-steroidal anti-inflammatory drugs](#)
- placing the foot in a cast or restrictive ankle-boot to minimise movement and give the tendon time to heal. This may be recommended in severe cases and used for about eight weeks
- occasionally slowly absorbed steroid injections may be tried, particularly for peri-tendinitis, but great care needs to be taken to avoid injecting into the tendon. This should only be done by a specialist doctor.

You may also be given specific exercises to gently stretch the calf muscles once the acute stage of inflammation has settled down. Your doctor or physiotherapist will recommend these exercises when you are on the road to recovery. Recovery is often slow and will depend on the severity of the condition and how carefully you follow the treatment and care instructions you are given.

Surgery for Achilles tendonitis

Surgery is only recommended if all other treatment options have failed after at least six months. In this situation, badly damaged portions of the tendon may be removed. If the tendon has ruptured, surgery is necessary to re-attach the tendon.

Rehabilitation, including stretching and strength exercises, is started soon after the surgery. In most cases, normal activities can be resumed after about 10 weeks. Return to competitive sport for some people may be delayed for about three to six months.

Prevention of Achilles tendonitis

Suggestions to reduce your risk of Achilles tendonitis include:

- incorporate stretching into your warm-up and cool-down routines
- maintain an adequate level of fitness for your sport
- avoid dramatic increases in sports training
- if you experience pain in your Achilles tendon, rest the area. Trying to 'work through' the pain will only make your injury worse
- wear good quality supportive shoes appropriate to your sport. If there is foot deformity or flattening, obtain orthoses
- avoid wearing high heels on a regular basis. Maintaining your foot in a 'tip-toe' position shortens your calf muscles and reduces the flexibility of your Achilles tendon. An inflexible Achilles tendon is more susceptible to injury
- maintain a normal healthy weight.

Where to get help

- Your [GP \(doctor\)](#)
- [Podiatrist](#)
- [Physiotherapist](#)
- [Exercise physiologist](#)
- [ESSA Exercise & Sports Science Australia](#) Tel. [\(07\) 3171 3335](#)

References

- [Achilles tendinitis](#), Medline Plus, US National Library of Medicine and the National Institutes of Health US.

Send us your feedback

- Rate this website
- Your comments
- Questions
- Your details

1/4 How would you rate this website?

- Excellent
- Good
- Average
- Fair
- Poor

[Next](#) [Submit Now](#) [Cancel](#)

Send us your feedback

- Rate this website
- Your comments
- Questions
- Your details

Please note that we cannot answer personal medical queries.
If you are looking for health or medical advice we recommend that you:

- talk to your doctor or pharmacist
- dial triple zero (000) in an emergency
- ring NURSE-ON-CALL Tel. 1300 60 60 24.

2/4 Your Comments

Tell us who you are

Enter your comments below (optional)

[Next](#) [Submit Now](#) [Cancel](#)

[Send us your feedback](#)

- Rate this website
- Your comments
- Questions
- Your details

3/4 Questions

What are you here to do?

Did you find what you were looking for?

- Yes
- No

[Next](#) [Submit Now](#) [Cancel](#)

[Send us your feedback](#)

- Rate this website
- Your comments
- Questions
- Your details

4/4 Your details

Postcode

Email Address

[Submit Now](#) [Cancel](#)

[Send us your feedback](#)

Thank you. Your feedback has been successfully sent.

More information

Bones muscles and joints

The following content is displayed as Tabs. Once you have activated a link navigate to the end of the list to view its associated content. The activated link is defined as Active Tab

- [Bone muscle and joint basics](#)
- [Healthy bones muscles and joints](#)
- [Bone and bone marrow conditions](#)
- [Osteoporosis](#)
- [Muscle conditions](#)
- [Joint conditions](#)
- [Hand and foot conditions](#)
- [Back neck and spine conditions](#)

Bone muscle and joint basics

- [Bone marrow](#)

[Bone marrow is the spongy tissue in the hollow centres of a person's long bones and is the blood cell 'factory'...](#)

- [Bones](#)

[The adult skeleton is made up of 206 bones, which provide the structure for our bodies...](#)

- [Choosing the right shoe](#)

[The right footwear can help keep your feet healthy, make your physical activity easier and help keep your body safe from injury...](#)

- [Growth hormone](#)

[Some athletes and bodybuilders wrongly believe that taking synthetic growth hormone will help build up their muscles...](#)

- [Joints](#)

[A joint is the part of the body where two or more bones meet to allow movement...](#)

- [Locomotor system](#)

[The skeleton and skeletal muscles work together to allow movement...](#)

- [Muscles](#)

[There are about 600 muscles in the human body...](#)

Healthy bones muscles and joints

- [10 tips for getting enough vitamin D](#)

[A balanced UV approach is required to ensure some sun exposure for vitamin D while minimising the risk of skin cancer...](#)

- [10 tips for safe stretching](#)

[Make stretching part of your life... 10 tips for safe stretching...](#)

- [10 tips on how to eat more calcium](#)

[Reduce your intake of coffee, alcohol and soft drinks... 10 tips on how to eat more calcium...](#)

- [Ageing - muscles bones and joints](#)

[Exercise can prevent age-related changes to muscles, bones and joints and can reverse these changes too...](#)

- [Bone density testing](#)

[Most procedures that measure bone density are quick and pain-free...](#)

- [Calcium](#)

[If you don't have enough calcium in your diet, your bones will eventually become weak and brittle...](#)

- [Choosing the right shoe](#)

[The right footwear can help keep your feet healthy, make your physical activity easier and help keep your body safe from injury...](#)

- [Posture](#)

[Bad habits such as slouching and inactivity cause muscle fatigue and tension that ultimately lead to poor posture...](#)

- [Vitamin D](#)

[A balanced approach to sunlight exposure will help you get enough vitamin D while protecting against skin cancer...](#)

- [Vitamin D - maintaining levels in winter \(video\)](#)

[Vitamin D is important for healthy bones, muscles and the nervous system...](#)

Bone and bone marrow conditions

- [Acromegaly](#)

[Acromegaly is caused by an excess of growth hormone in adults, which causes the overgrowth of bones in the face, hands, feet and internal organs...](#)

- [Amyloidosis](#)

[A person with amyloidosis produces aggregates of insoluble protein that cannot be eliminated from the body...](#)

- [Bone cancer](#)

[Bone cancer is a rare form of cancer that is treated with chemotherapy, radiotherapy or hormone therapy...](#)

- [Bone fractures](#)

[Common sites for bone fractures include the wrist, ankle and hip...](#)

- [Fibrous dysplasia](#)
[Fibrous dysplasia causes abnormal growth or swelling of bone, but it is not a form of cancer...](#)
- [Leukaemia](#)
[Most children and many adults with acute leukaemia can expect to be cured, while chronic leukaemia can be successfully managed...](#)
- [McCune-Albright syndrome](#)
[The severity of symptoms or how a child with McCune-Albright syndrome will be affected throughout life is difficult to predict...](#)
- [Multiple myeloma](#)
[Multiple myeloma is cancer of plasma cells in the bone marrow...](#)
- [Osteomyelitis](#)
[Osteomyelitis means an infection of bone which can either be recent or longstanding...](#)
- [Paget's disease of bone](#)
[Paget's disease of bone is a chronic condition that causes abnormal enlargement and weakening of bone...](#)
- [Rib injuries](#)
[Rib injuries may include bruises, torn cartilage and bone fractures...](#)
- [Rickets](#)
[Rickets is a preventable childhood bone disease caused by a lack of vitamin D...](#)
- [Scoliosis](#)
[Scoliosis is an abnormal sideways curve of the spine...](#)
- [Shin splints](#)
['Shin splints' refers to pain felt anywhere along the shinbone from knee to ankle...](#)
- [Treacher Collins syndrome](#)
[Treacher Collins syndrome is a genetic disorder that affects growth and development of the head, causing facial defects and hearing loss...](#)

Osteoporosis

- [Menopause and osteoporosis](#)
[Regular weight-bearing exercise and maintaining a diet rich in calcium from childhood will help reduce bone loss at menopause...](#)
- [Osteoporosis](#)
[A healthy, calcium-rich diet and regular physical activity throughout life can help prevent osteoporosis...](#)
- [Osteoporosis and exercise](#)
[Exercise can reduce the risk of fractures resulting from osteoporosis by both slowing the rate of bone loss, and reducing the person's risk of falling by building muscle strength and improving balance...](#)
- [Osteoporosis in children](#)
[Osteoporosis in children is rare and usually caused by an underlying medical condition...](#)
- [Osteoporosis in men](#)
[Up to 30 per cent of all fractures that occur in people with osteoporosis and osteopenia, occur in men...](#)

Muscle conditions

- [Bell's palsy](#)
[The majority of people with Bell's palsy, around 90 per cent, will recover completely with time...](#)
- [Helping a child with a disability with everyday activities](#)
[If you have a child with a disability you can help improve their communication and movement by encouraging them to take part in daily activities...](#)
- [Multiple sclerosis \(MS\)](#)
[Multiple sclerosis is not contagious, but it is progressive and unpredictable...](#)
- [Muscle cramp](#)

[A muscle cramp is an uncontrollable and painful spasm of a muscle...](#)

- [Muscular dystrophy](#)

[People affected by muscular dystrophy have different degrees of independence, mobility and carer needs...](#)

- [Myasthenia gravis](#)

[Myasthenia gravis is an autoimmune disease that causes muscle weakness...](#)

- [Polymyositis](#)

[Polymyositis is hard to diagnose and may be mistaken for muscular dystrophy...](#)

- [Spinal muscular atrophy \(SMA\)](#)

[A child with spinal muscular atrophy type 1 rarely lives beyond three years of age...](#)

- [Sprains and strains](#)

[It is important to get the correct treatment for a sprain or strain as soon as possible after the injury to help you recover quickly...](#)

Joint conditions

- [Ankle sprains](#)

[Ankle sprain is a common sports injuries caused by overstretching and tearing the supporting ligaments...](#)

- [Ankylosing spondylitis](#)

[Ankylosing spondylitis \(AS\) is a type of inflammatory arthritis that targets the joints of the spine...](#)

- [Arthritis explained](#)

[People can manage their arthritis using medication, physiotherapy, exercise and self management techniques...](#)

- [Baker's cyst](#)

[Baker's cysts of the knee don't always require active treatment and sometimes will only require observation by the treating doctor...](#)

- [Bursitis](#)

[Bursitis is often caused by overuse and the inflammation will continue unless the particular activity or movement is stopped...](#)

- [Carpal tunnel syndrome](#)

[Carpal tunnel syndrome can be caused by repetitive hand movements, pregnancy and arthritis...](#)

- [Developmental dysplasia of the hip \(DDH\)](#)

[Around 95 per cent of babies born with developmental dysplasia of the hip can be successfully treated...](#)

- [Elbow pain](#)

[Elbow pain and can result from overuse in a range of sports or occupations...](#)

- [Hip disorders](#)

[The hip joint is complicated to allow a wide range of motion while still supporting the weight of the body...](#)

- [Knee injuries](#)

[Mild knee injuries may heal by themselves, but all injuries should be checked and diagnosed by a doctor or physiotherapist...](#)

- [Osgood Schlatter syndrome](#)

[Osgood-Schlatter syndrome is a painful knee condition that affects adolescents...](#)

- [Perthes' disease](#)

[Most children with Perthes' disease eventually recover, but it can take anywhere from two to five years...](#)

- [Reactive arthritis](#)

[Reactive arthritis is a form of arthritis that occurs as a result of some bacterial infections...](#)

Hand and foot conditions

- [Achilles tendonitis](#)

[People who run regularly seem to be susceptible to Achilles tendonitis...](#)

- [Children's feet and shoes](#)
[A child learning to walk receives important sensory information from the soles of their feet, and shoes can make walking more difficult...](#)
- [Choosing the right shoe](#)
[The right footwear can help keep your feet healthy, make your physical activity easier and help keep your body safe from injury...](#)
- [Cysts - ganglion cysts](#)
[A ganglion cyst is the most common lump on the hand, and tends to target women between the ages of 20 and 40 years of age...](#)
- [Diabetes - foot care](#)
[Good foot care and regular check-ups can help people with diabetes avoid foot problems...](#)
- [Dupuytren's contracture](#)
[Dupuytren's contracture gradually causes clawing of the fingers as they are pulled towards the palm...](#)
- [Foot care - podiatrists](#)
[Podiatrists can advise about how to choose the right shoes for your feet...](#)
- [Foot odour - causes and cures](#)
[Even the most fastidiously clean people can suffer from foot odour...](#)
- [Foot orthoses](#)
[People who have chronic foot or leg problems that interfere with their health may be prescribed orthoses by their podiatrist...](#)
- [Foot problems - heel pain](#)
[The heel protects the structures of the foot, but heel pain is a common foot complaint...](#)
- [Footwear for healthy feet](#)
[Wearing shoes that fit properly and support your feet is vital to avoid sore feet and to prevent or alleviate many common foot problems...](#)
- [Left-handedness](#)
[If your child is naturally left-handed, don't try to force them to use their right hand...](#)
- [Raynaud's phenomenon](#)
[Raynaud's phenomenon can be a sign of a more serious underlying condition, so see your doctor if you experience it...](#)
- [Sever's disease](#)
[Sever's disease is a common cause of heel pain, particularly in the young and physically active...](#)

Back neck and spine conditions

- [Back pain](#)
[Back pain is common. Some people will develop back pain that is persistent \(lasts more than three months\). There are many things that you can do to live well with back pain...](#)
- [Back pain – disc problems](#)
[Most disc problems resolve without specific treatment...](#)
- [Back pain in children](#)
[Children with back pain may grow into adults with chronic bad backs, so it is important to encourage sensible back care...](#)
- [Living with persistent pain](#)
[Pain is our built-in alarm system. It makes us aware that something might be going wrong in our body. However, there are many things you can do to deal effectively with persistent pain...](#)
- [Neck pain](#)
[Treatments like physiotherapy, osteopathy or remedial massage can generally help neck and shoulder pain...](#)
- [Scoliosis](#)
[Scoliosis is an abnormal sideways curve of the spine...](#)
- [Shoulder pain](#)

[Shoulder pain is common in our community. The good news is that with appropriate treatment pain will improve so you can get back to doing the things you enjoy...](#)

- [Tendonitis](#)

[Most cases of tendonitis recover completely, but severe untreated tendonitis can lead to rupture of the tendon...](#)

- [Treating persistent pain](#)

[Pain is our built-in alarm system. It makes us aware that something might be going wrong in our body. However, there are many things you can do to deal effectively with persistent pain...](#)

- [When do I need to see my doctor about persistent pain?](#)

[Living with persistent pain isn't easy. Your doctor can help you balance your pain, your treatment and hurdles you encounter in life...](#)

Related Information

- [Foot orthoses](#)

People who have chronic foot or leg problems that interfere with their health may be prescribed orthoses by their podiatrist...

- [Foot problems - heel pain](#)

The heel protects the structures of the foot, but heel pain is a common foot complaint...

- [Sever's disease](#)

Sever's disease is a common cause of heel pain, particularly in the young and physically active...

- [Dupuytren's contracture](#)

Dupuytren's contracture gradually causes clawing of the fingers as they are pulled towards the palm...

- [Foot odour - causes and cures](#)

Even the most fastidiously clean people can suffer from foot odour...

[Home](#)

Related information on other websites

- [Australian Podiatry Association](#)

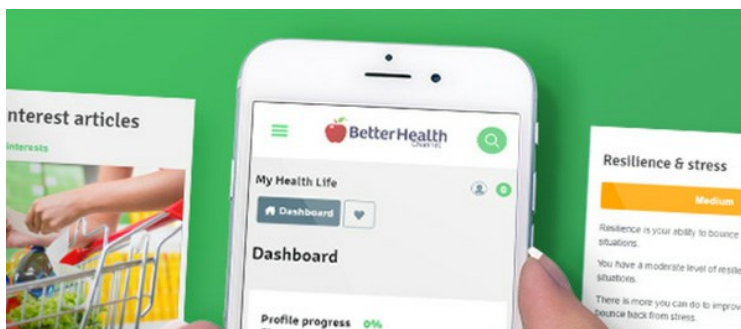
Content Partner

This page has been produced in consultation with and approved by: Australian Rheumatology Association (Vic Branch)

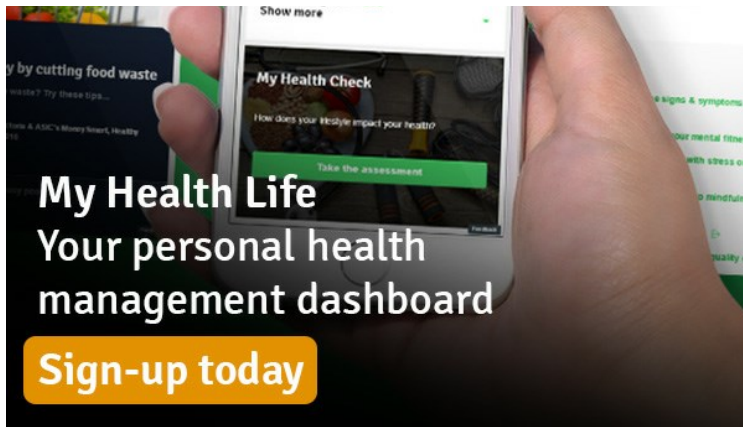


Last updated: April 2019

Content on this website is provided for information purposes only. Information about a therapy, service, product or treatment does not in any way endorse or support such therapy, service, product or treatment and is not intended to replace advice from your doctor or other registered health professional. The information and materials contained on this website are not intended to constitute a comprehensive guide concerning all aspects of the therapy, product or treatment described on the website. All users are urged to always seek advice from a registered health care professional for diagnosis and answers to their medical questions and to ascertain whether the particular therapy, service, product or treatment described on the website is suitable in their circumstances. The State of Victoria and the Department of Health & Human Services shall not bear any liability for reliance by any user on the materials contained on this website.



betterhealth.vic.gov.au



My Health Life helps you manage your health

With tools, information and recommendations tailored to you, it's your personal and secure health dashboard.

[Learn more](#)

Medical Dictionary

Enter a search term

[Search](#)

Search for your topic using the Merriam Webster medical dictionary



Service Search

Service Search

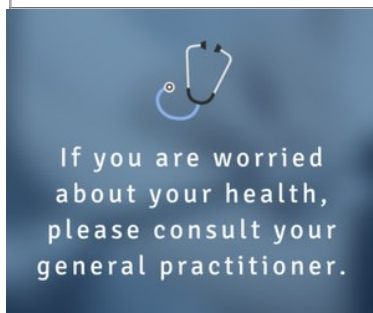
Find services near you

Service:

Location:

Type a minimum of three characters then press UP or DOWN on the keyboard to navigate the autocompleted search results

[Use my location](#)



Find a doctor

Need to find a doctor in your local area? Take a look at the general practitioners entry in our health service profiles.

[see general practitioner](#)

- [Health topics](#)
 - [Conditions and treatments](#)

- [Healthy living](#)
- [Services and support](#)
-

• [Explore](#)

- [Recipes](#)
- [Healthy pantry](#)
- [Videos](#)
- [Consumer medicine information](#)
- [Multilingual health information - Health Translations Directory](#)

• [About](#)

- [About us](#)
- [Accessibility](#)
- [Content partners](#)
- [Privacy](#)
- [Terms of use](#)
- [Contact us](#)

• [Connect with us](#)

- [Facebook](#)
- [Twitter](#)
- [YouTube](#)

Page last reviewed: 31 Mar 2014

<https://www.betterhealth.vic.gov.au:443/health/conditionsandtreatments/achilles-tenonitis>

- <https://www.betterhealth.vic.gov.au:443/about/privacy>
[Privacy Statement](#)
- <https://www.betterhealth.vic.gov.au:443/about/terms-of-use>
[Copyright Notice](#)
- <https://www.betterhealth.vic.gov.au:443/about/terms-of-use>
[Disclaimer Notice](#)

This web site is managed and authorised by the Department of Health & Human Services, State Government of Victoria, Australia

© Copyright State of Victoria 2018.

[Back to Top](#)

This page has been produced in consultation with and approved by:

Australian Rheumatology Association (Vic Branch)

Content on this website is provided for information purposes only. Information about a therapy, service, product or treatment does not in any way endorse or support such therapy, service, product or treatment and is not intended to replace advice from your doctor or other registered health professional. The information and materials contained on this website are not intended to constitute a comprehensive guide concerning all aspects of the therapy, product or treatment described on the website. All users are urged to always seek advice from a registered health care professional for diagnosis and answers to their medical questions and to ascertain whether the particular therapy, service, product or treatment described on the website is suitable in their circumstances. The State of Victoria and the Department of Health & Human Services shall not bear any liability for reliance by any user on the materials contained on this website.

For the latest updates and more information, visit www.betterhealth.vic.gov.au

Copyright © 1999/2019 State of Victoria. Reproduced from the Better Health Channel (www.betterhealth.vic.gov.au) at no cost with permission of the Victorian Minister for Health. Unauthorised reproduction and other uses comprised in the copyright are prohibited without permission.