

## Achilles Tendon Pain



*Although this discussion is about the Achilles tendon, this approach applies to all tendon pain.* Achilles tendon pain is usually associated with sports injuries but can happen to anyone from an accident. Although this discussion is about the Achilles tendon, this approach applies to almost all tendon pain.

A **complete tear** of this tendon (detachment from the heel bone) requires surgery. The SLM technique can hasten recovery after surgery by improving blood flow to the area around the repaired tendon. (See **how and why** below)

**Achilles tendonitis** (inflammation of the tendon) which includes minor tears not recommended for surgery also can be treated successfully using SLM. The tendonitis will be eliminated relatively quickly. (See **how and why** below)

Read **how and why** SLM is so beneficial in helping tendons heal:

- The muscles adjacent to the injury and elsewhere, tighten/compensate for the loss of functionality in the damaged area. Those tight/compensating muscles are now **dysfunctional**.(They cannot perform their normal job at 100% because they are protecting and aiding the injured area)
- Tendons do not have their own blood supply. They depend on the blood in the muscles adjacent to them for the nutrients they need to heal.
- **Dysfunctional** muscles usually become over worked and tight trying to do their normal job and compensating for the damaged. This impairs normal blood flow, resulting in less than optimal nutrients for the tendon.
- SLM treats the entire body's muscle system with specific attention to the compensating/dysfunctional muscles no matter where they are. The treatment results in the maximum blood flow to the injured area.

- SLM does not incorporate stretching of the **dysfunctional** or damaged muscles and tendons to hasten repair. Stretching will only exacerbate the inflammation and retard healing. Tight/compensating/dysfunctional muscles do not stretch well; **tendons** do! They can become more inflamed or injured further! Need I say more about stretching?