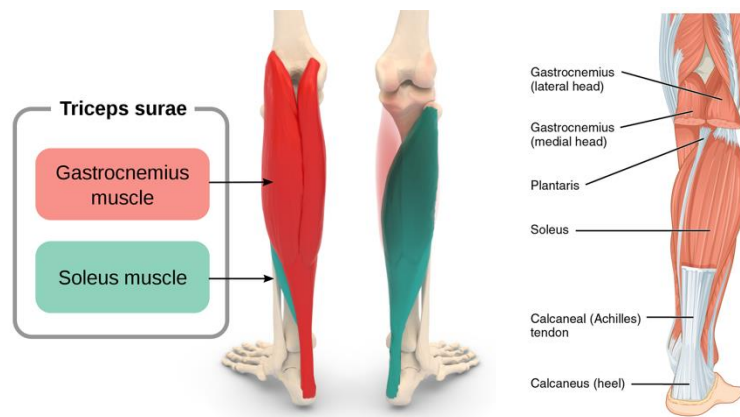


How to Use a Massage Gun on Achilles Tendonitis

What is Achilles Tendonitis? Achilles Tendonitis presents with pain over the Achilles tendon, the band of tissue used to connect your calf muscles to the heel of your foot.

In using massage, we would recommend massaging the calf muscle as well as the tendon itself.

The Achilles tendon can develop microtears and inflammation often from overuse of the calf muscles. The calf muscles are mainly the gastrocnemius and soleus muscles found in the calf region and they assist in bending the foot into flexion or down. Or help you raise on your toes.



General Massage

First, we will have you massage the calf muscles. You want to keep them supple and mobile to decrease the amount of stress on the Achilles tendon. Massage can be performed across the muscle fibers and lengthwise. Also attempt to perform flossing while massaging the calf muscle. Cross legs and put ankle (Achilles' tendonitis side) on opposite knee. Move the foot up and down and side to side while massaging calf.

Cross-fiber Massage

This massage should be performed across the fibers of the tendon. The massage should be aggressive if tolerated. The cross-fiber massage should be done to the sides of the tendon as opposed to the back. It is usually more effective when done to the sides of the Achilles tendon.



Try the ball head attachment in a side fashion not directly on the tendon. (See photo) If you begin to tolerate the ball, try the flat head with the rounded sides. Again, use in a side fashion and use on the sides of the Achilles tendon.

