

*Sole*  
**REVIVAL**

**ACHILLES TENDONITIS**



**SOAK \* STRENGTHEN \* SALT STONE MASSAGE**

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# Achilles Tendonitis

Achilles Tendonitis is a chronic inflammation condition of the band of tissue that connects calf muscles to your heel. It's important to note that an Achilles **rupture** is caused by sudden force of the ankle or foot and requires immediate attention, possibly even surgery.

**Please note:** If this is in question, please seek out a doctor to help determine next steps. An Achilles *rupture* is much different from treating Achilles *tendonitis* and can further damage the tendon if left untreated.

## COMMON CAUSES

Achilles tendonitis most commonly occurs in athletes who have suddenly increased the intensity or duration of their workouts. It's also common in 'Weekend Warriors' who play sports, such as tennis or basketball on occasional basis.

Running in worn-out shoes, obesity and tight calf muscles can also increase your risk of Achilles tendonitis.

Even some prescription medications such as statins, steroids and some antibiotics have been linked to an increase in soft tissue injury and damage.

## TRADITIONAL WAYS OF TREATING

- Rest, Ice, Compression, Elevate
- Wearing a boot or brace
- Surgery or steroid injections.

# HOW CAN CBD HELP WITH ACHILLES TENDONITIS?



The best way topical CBD can help tendonitis is by reducing the inflammation so the healing process can begin. CBD taken internally can also help stimulate growth and speedy repair. Once it is been determined by a doctor the injury is not a rupture, the next step is to bring circulation to the area without further irritation and inflammation.

CBD soaks, light mobility exercises and gentle salt stone massage can stimulate collagen growth and strengthen the connective tissue while Rich fatty acids in CBD can help build healthy tissue, preventing further injury.



## START WITH A SOAK

Soaking the foot in a warm CBD bath increases circulation and opens pores that allows the CBD to work faster and on a deeper level. Epsom salts are fine but soaking in a therapeutic blend of trace minerals such as calcium, Iron, and sodium helps to reduce swelling by regulating the fluid coming in and out of cells. Soaking in the mixture for 20-30 minutes before doing manual therapy prepares the connective tissue for lasting change.



## RESISTED STRETCH WITH CBD BALM

Now that the fascia is ready for change, a combination of resisted toe stretches, ankle mobility and calf exercises work to strengthen AND stretch the lower leg compartment. Applying topical CBD before this triggers the CBD receptors to work with stretch receptors and start to change the muscle fibers, tendons and connective tissue.



## SALT STONE MASSAGE

After the soak and stretch, follow up with a salt stone massage along the bottom of your foot and lower leg compartment. This is where a bit of ice to the area can feel really good. The cool salt stone can lower inflammation and is a nice way to finish up the treatment. Massaging with the stone also helps to cleanse the lymph system and reduce swelling.

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**COMMON EXERCISES  
& ALTERNATIVE OPTIONS  
FOR PLANTAR FASCIITIS.**

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# HAVE YOU TRIED CALF RAISES FOR ACHILLES TENDONITIS?

Calf raises are popular exercises for Achilles problems because they can have dual benefit of stretching and strengthening the legs and feet.

The drawback here is in the 'lift' with too much weight bearing on the heel. This can be exaggerated with improper fitting shoes that keep your feet in poor alignment.



# PILATES FOOTWORK EXERCISES

**TRY THIS INSTEAD >>>**

A Classic Pilates Reformer session starts with a series called 'footwork.' While many people see this exercise as 'leg work' focusing on quads and calves, but the intention here is to focus on the feet and align the body for deeper work. Focusing on alignment while applying spring tension to the 'footbar' not only strengthens the muscles, tendons and ligaments of the feet but increases flexibility and endurance.

Variations of this can be accomplished If you do not have access to a Pilates Reformer or Pilates class.

\*See the resource section for a list of recommended videos.



# HAVE YOU TRIED THIS STRETCH >>>>> FOR ACHILLES TENDONITIS?

The runner's stretch, or calf stretch is often recommended to provide relief with the goal of 'loosening' the tendon. However, the sensation of a 'stretch' oftentimes only provides temporary relief and can possibly lead to overstretching.

The nature and positioning of this stretch can pull the muscle fibers apart making it harder to heal.





**TRY THIS INSTEAD >>>**

## **TAKE A LOAD OFF WITH LEGS UP THE WALL POSE**

Instead for weight bearing exercises that can put extra stress onto the tendon, try giving your tired feet and legs a rest with 'Legs Up the Wall' pose.

Lie on your back with your sit-bones as close to the wall as is comfortable for you. From there, extend your legs up the wall, so that the back of your legs are resting fully against it.

By reversing the effects of gravity on your legs and feet, you can really help move any stagnant fluids and swelling that may build up in the lower legs.

Stay here for 12 minutes resting then finish with 2-3 minutes of ankle mobility and light stretching. Follow up with a quick refresh of On the Mend spray and salt stone massage to further circulation.



# STRETCHING VS. STRENGTHENING FOR ACHILLES TENDONITIS

The Achilles tendon is the largest and strongest tendon in the body but it is prone to damage by overuse, inflammation, and degeneration. When inflammation is present, it can make the tendon feel 'tight' when in actuality it might be stiffness from the fluid building up in the micro-tears of the muscle fibers.

Stretching in this instance feels good because the fluid gets moving but prolonged overstretching can actually pull the tendon apart, making it harder to rebuild connective tissue. Ideally, you would want the benefits of the stretch while strengthening the tendons, which is where 'resisted stretching' comes in.

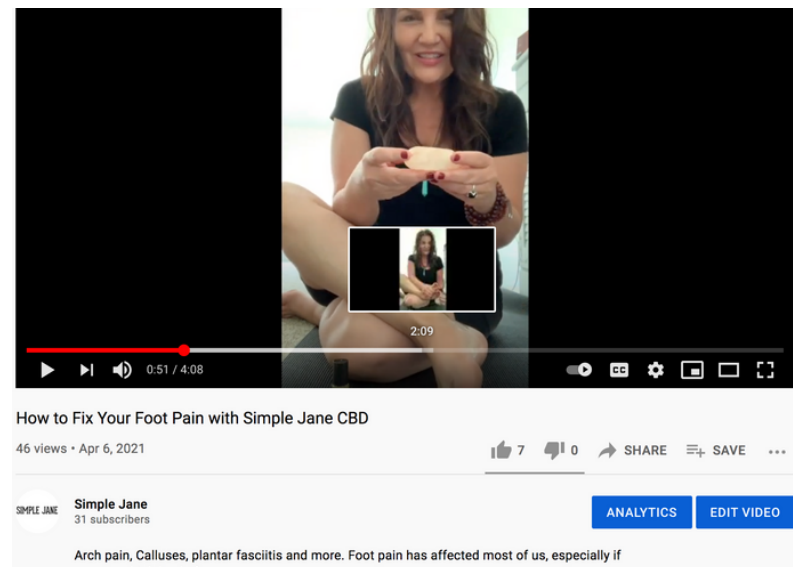
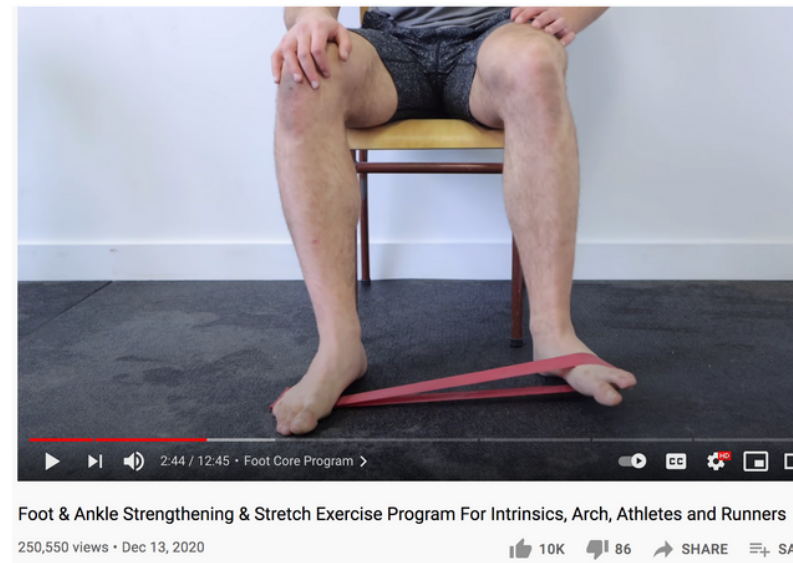
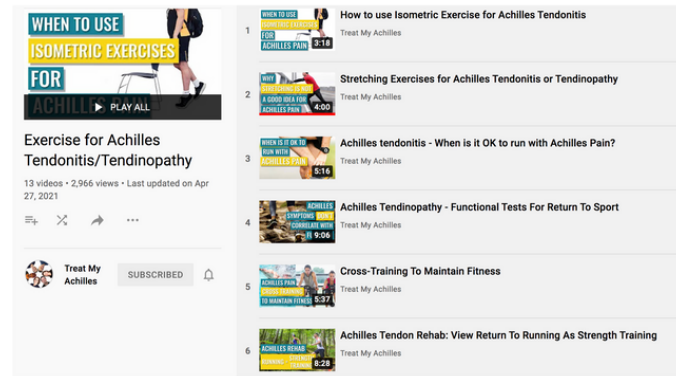


# STRETCH & STRENGTHEN

Some of our favorite YouTube channels we've found to treat foot pain and Achilles Tendonitis.

- Treat My Achilles
- E3 Rehab
- Simple Jane CBD

Products can be found:  
[www.SimpleJane.co](http://www.SimpleJane.co)



## TREAT MY ACHILLES

.UK sports physios who specialize in treating Achilles tendon injuries online, via video call. Follow the Youtube channel for advice and tips about Achilles tendinopathy or tendonitis.

## E3 REHAB ON YOUTUBE

Empowerment through evidence based education for rehabilitation, pain, performance and injury risk. We are Doctors of Physical Therapy who have created this platform to help others improve their quality of life.

## SIMPLE JANE CO.

How-To Videos, discussions, and more on how to use topical CBD for better health and wellness.

# PRODUCT GUIDE:

Some of our favorite things we've used to soothe Achilles Tendonitis.

Products can be found:  
[www.SimpleJane.co](http://www.SimpleJane.co)



## SOLE REVIVAL KIT

The quick kit for foot pain relief. The Sole Revival kit comes with 1 CBD Foot Fizz for soaking, On the Mend Mineral Soak and Scrub, and a small tin of On the Mend balm.

## MINI MASSAGE KIT

This little kit was designed with relief in mind and not just for foot pain, either! Comes with a travel-size roller, balm, and salt stone massage for quick relief on the go.

## ON THE MEND BODY OIL

On the Mend CBD Body Oil is a great therapeutic leg refresher. Use before or after the Legs Up the Wall exercise with a salt stone massage stone.

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