

Achilles Bursitis & Achilles Tendinosis - Expert Diagnosis & Treatment in Northwich

Struggling with heel pain or tightness in your Achilles? Achilles bursitis and Achilles tendinosis are two common yet often misunderstood conditions that can cause persistent discomfort, especially in runners, athletes, and active individuals. At Weaver Physiotherapy & Sports Injury Clinic in Northwich, Cheshire, we provide expert assessment and tailored physiotherapy to help you overcome Achilles pain and return to the activities you love.

What Is the Achilles Tendon?

The Achilles tendon is the largest and strongest tendon in the human body. It connects your calf muscles (gastrocnemius and soleus) to your heel bone (calcaneus) and plays a vital role in walking, running, jumping, and pushing off the foot. Due to the high loads it endures, the Achilles tendon is susceptible to overuse and injury most commonly tendinosis and bursitis.

What Is Achilles Tendinosis?

Achilles tendinosis is a degenerative condition of the Achilles tendon caused by chronic overuse. Unlike acute inflammation, tendinosis involves microscopic damage and collagen breakdown within the tendon fibres. It typically develops gradually over time and is more common in middle-aged runners or people who have recently increased their physical activity.

Common Signs & Symptoms of Achilles Tendinosis:

- Gradual onset of pain or stiffness in the back of the heel or lower calf
- Pain that worsens during or after activity
- Morning stiffness or pain when taking the first steps
- Thickening or nodules along the tendon
- Tenderness when the tendon is pinched or squeezed

What Is Achilles Bursitis?

Achilles bursitis occurs when one or more of the bursae near the Achilles tendon become inflamed. Bursae are small fluid-filled sacs that reduce friction between tendons and bones. The two key bursae around the Achilles tendon are:

- Retrocalcaneal bursa - located between the tendon and heel bone

- Subcutaneous calcaneal bursa - located between the skin and tendon

Symptoms of Achilles Bursitis Include:

- Localised swelling at the back of the heel
- Pain when wearing tight shoes or pressing on the heel
- Redness or warmth around the affected area
- Discomfort when bending the foot up or down

What Causes Achilles Tendon Injuries?

At Weaver Physio, we often see these conditions linked to a range of mechanical and lifestyle factors, such as:

- Overuse and repetitive loading (running, hill training, jumping)
- Sudden increases in training volume or intensity
- Poor footwear or changes in heel height
- Tight calf muscles or reduced ankle mobility
- Poor foot biomechanics, such as flat feet or overpronation
- Weak gluteal or core muscles affecting lower limb control
- Aging tendon with reduced collagen repair capacity

Accurate Diagnosis Is Key

Achilles tendinosis and bursitis often present with similar symptoms but require different treatment strategies. At Weaver Physiotherapy in Northwich, we perform a detailed clinical assessment, including:

- Palpation of the tendon and bursae to identify pain points
- Functional movement testing to evaluate calf strength, flexibility, and gait
- Assessment of foot biomechanics and ankle joint mobility
- Ultrasound or imaging referral where needed to confirm diagnosis

Expert Physiotherapy for Achilles Tendinosis & Bursitis

Treatment for Achilles conditions at Weaver Physio is individualised to your specific presentation. Here's how we can help:

Hands-On Treatment

We use a range of manual therapy techniques to reduce stiffness, relieve pressure on the tendon, and improve tissue mobility, including:

- Soft tissue release of calf muscles
- Trigger point therapy
- Joint mobilisations of the ankle and foot

Tailored Exercise Rehabilitation

Evidence-based exercise is the cornerstone of recovery from tendinosis. We guide you through a progressive loading programme to stimulate tendon healing and restore strength, such as:

- Eccentric heel drops
- Isometric calf holds for pain relief
- Plyometrics and sport-specific drills in later stages

Bursitis treatment may initially focus more on offloading and inflammation reduction, before gradually introducing load.

Shockwave Therapy

We offer Radial Shockwave Therapy, a non-invasive treatment that can be highly effective in chronic Achilles tendinosis. It stimulates blood flow and tissue regeneration in damaged tendon fibres and may also reduce calcific deposits if present.

Gait Analysis & Orthotics

We perform gait analysis to identify biomechanical contributors to your Achilles pain. Custom orthotics or heel lifts may be recommended to reduce tendon strain and improve foot alignment.

Dry Needling

For persistent tightness in the calf or surrounding muscles, dry needling can help reduce muscular trigger points and improve tissue extensibility.

How Long Does Recovery Take?

Recovery time depends on the severity and duration of your symptoms. With early treatment and adherence to a structured rehab plan:

- Mild tendinosis or bursitis may improve within 4-6 weeks

- Moderate to severe cases often require 8-12+ weeks of consistent rehab
- Chronic conditions may require longer-term management and activity modifications

At Weaver Physio, we provide step-by-step support to guide your recovery and prevent recurrence.

Preventing Achilles Pain - Tips from Our Experts

Once symptoms settle, it's important to address the underlying causes to avoid future flare-ups.

Here's how to protect your Achilles:

- Warm up properly before exercise
- Build training volume gradually
- Stretch and strengthen your calves regularly
- Wear supportive footwear and avoid sudden changes in heel drop
- Cross-train with low-impact activities like swimming or cycling
- Work on core and glute strength to improve biomechanics

Get Help for Achilles Pain in Northwich

If you're experiencing Achilles pain, stiffness, or swelling, don't ignore it. Early treatment can prevent long-term damage and get you back to running, training, and living pain-free. At Weaver Physiotherapy & Sports Injury Clinic, we specialise in treating complex tendon conditions with a whole-body approach to recovery.

We help clients from Northwich, Knutsford, Middlewich, Winsford, Frodsham, and across Cheshire recover faster and stronger.

Book your consultation today and take the first step towards lasting Achilles recovery.

SEO Keywords Targeted:

Achilles tendinosis Northwich, Achilles bursitis treatment, tendon pain physiotherapy, sports injury clinic Cheshire, shockwave therapy Achilles, heel pain physio, calf pain treatment, Achilles tendon rehabilitation Northwich