**Have you been diagnosed with**

**Achilles Tendinopathy???**

**Take part in our study and receive treatment!**

**What is Achilles Tendinopathy?**

**Pain and swelling of the Achilles tendon at the back of your heel.**

**Signs and symptoms:**

* **Pain may occur with ankle movement with daily activities or sport (as shown**

**in the region of the dot on the picture)**

* **Pain when your ankle is at rest**
* **Pain with pressure on the tendon**
* **Pain when climbing stairs or doing calf raises.**

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**For more details to participate in the ethically approved research study regarding TREATMENT, contact:**

**(c) 082 096 3204 or**

**083 361 9296 of under supervision of Mrs. A Marais**