

RUNNERS

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HEALTH

& FITNESS

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ACHILLES PAIN WRAP IT UP

As is the case with most running injuries, Achilles tendon pain is normally solved with a few simple, healing steps. A couple of days off and some extra stretching often do the trick. And once you're ready to begin running again, there's an excellent taping technique

that will support the Achilles during those first critical days.

Here's how it works: Using 1½-inch athletic tape (available at any drugstore), place an "anchor" strip horizontally across the back of the calf where it joins to the Achilles tendon (Step 1, at left).

Place another anchor across the bottom of the forefoot.

Next, while keeping your foot pointed somewhat downward, fasten a piece of tape from the calf anchor straight down the back of your leg and heel, and end it at the forefoot anchor. Apply two more pieces of tape starting on either side of the middle piece (at the calf anchor), and crisscross them at the lower end of the Achilles (Step 2). Fasten both to the forefoot anchor. Cover the entire wrapping with a light layer of Ace bandaging (Step 3), and you'll be ready to go.—Richard T. Braver, D.P.M., podiatrist practicing in Englewood, New Jersey



Step 1



Step 2



Step 3

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