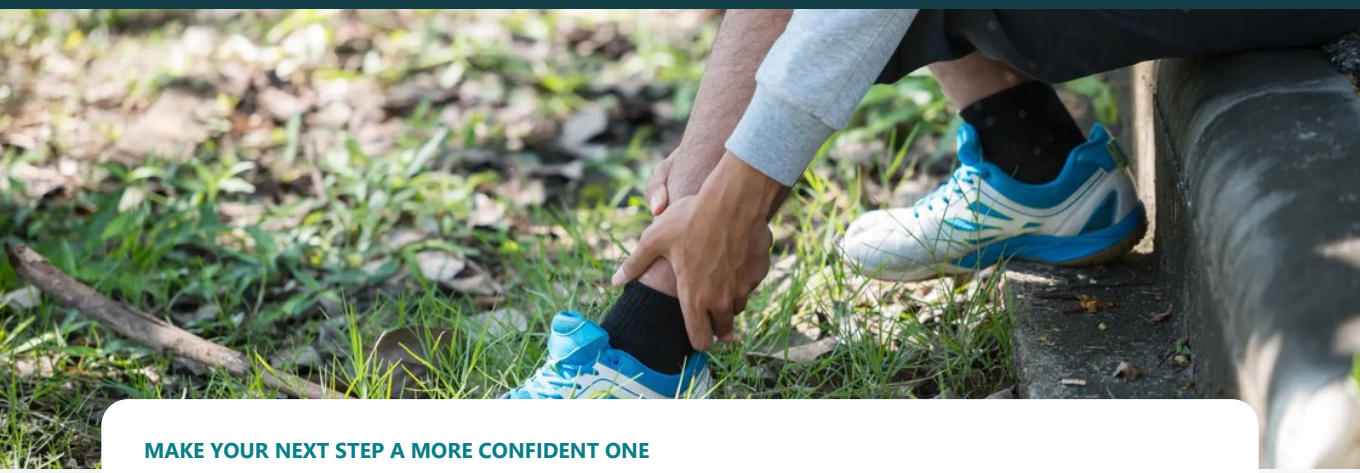
South London Foot Clinic

YOUR PRACTICAL FOOT HEALTH GUIDE

Pain behind your heel? Find a clearer way forward.

Achilles tendon pain is one possibility. Understanding the cause is the first step.



MAKE YOUR NEXT STEP A MORE CONFIDENT ONE

When the morning walk hurts or running no longer feels possible, you want a way forward. Use this guide to recognise the pattern and prepare to talk about what you want to get back to.

Ready to talk? Ask the clinic about an appointment with Peter

52 Honor Oak Park, London / 0203 918 1322

01 / UNDERSTAND YOUR NEXT STEP

Three things worth knowing.

1 The location is a clue

Pain behind the heel is not always Achilles tendinopathy. Tendon, nearby tissues and footwear pressure can cause overlapping symptoms. An assessment helps identify the cause.

2 Notice what changed

Achilles tendon pain often follows a change in walking, sport or exercise load. Previous injuries matter too. Mention morning stiffness, reduced push-off strength, and pain or swelling during or after activity.

3 Get a plan that fits you

If symptoms are not improving, book a foot and ankle assessment. Adjust activities that aggravate pain and ask about suitable rehabilitation; avoid starting a demanding routine without advice.

WHEN TO SEEK HELP

A sudden snap or pop, new marked weakness, severe pain or inability to bear weight needs urgent assessment: contact NHS 111. Do not stretch or wait for a routine appointment. Ultrasound may help assess a tendon injury when clinically appropriate.

02 / YOUR PERSONAL CHECKLIST

Make it about you.

A few notes can make your appointment more useful. Print this page or keep the same prompts on your phone.

1 Where is the pain, and is it stiff first thing in the morning?

Your notes

2 What changed in my activity, and what previous injuries have I had?

Your notes

3 Have I noticed weakness or swelling, and what do I want to get back to?

Your notes

Bring your questions.
We can help with the next step.

Bring this page and tell us what matters most to you.



03 / LET'S TALK

Your questions. A clearer next step.

An assessment with Peter Gauntlett or the clinic team can help you understand the cause of pain behind your heel and plan a return to the activities you miss.



Peter Gauntlett / Podiatrist

Tell us what you want to understand, what you have tried and what you would like to do more comfortably.

Three questions to bring

01 Is this my Achilles tendon, or another cause of posterior heel pain?

02 Would ultrasound help answer a specific question about my injury?

03 What activity and rehabilitation plan is suitable for me?

Book an assessment

Prefer to talk first? Ask about seeing Peter or call 0203 918 1322. Appointment availability varies.

52 Honor Oak Park, London SE23 1DY

READ MORE / SOURCES

NHS inform: Achilles tendinopathy
NHS: Heel pain
Clinic: Achilles and posterior heel pain

November 2026 / General information, not a diagnosis or individual treatment plan.