



TIGHT ACHILLES TENDON (HEEL CORD TIGHTNESS)

Dear Parent/Guardian,

Thank you for allowing your child to participate in a lower extremity screening conducted by Happy Feet 4 All, a preventative foot health program.

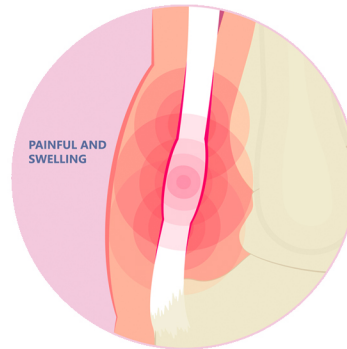
During today's screening, your child demonstrated tightness of the Achilles tendon (also called the heel cord). This finding is not a medical diagnosis, but it may be associated with how your child walks, runs, or participates in physical activities.

WHAT IS THE ACHILLES TENDON?

The Achilles tendon connects the calf muscles to the heel bone and plays an important role in:

- Walking and running
- Balance and posture
- Shock absorption during activity

When this tendon is tight, it may limit ankle motion and affect overall lower-body mechanics.



WHY THIS MATTERS

Tight Achilles tendons in children may be associated with:

- Tripping or clumsiness
- Flat feet or excessive foot strain
- Calf, heel, or foot discomfort
- Increased risk of muscle fatigue or overuse injuries

Early identification allows families to address potential concerns before symptoms or limitations develop.

RECOMMENDED NEXT STEPS

We will make a recommendation/referral to local Board Certified Pediatric Podiatry and Physical Therapy groups based on geographical location and preference.

We suggest:

- Observing your child's walking and activity tolerance
- Monitoring for any discomfort, pain, or frequent falls
- Seeking a clinical evaluation by a pediatric podiatrist, orthopedist, or physical therapist if your child has symptoms or difficulties keeping up with peers

If your child already has a healthcare provider, this letter may be shared for reference.

Important Disclaimer

This screening is preventative and educational only and does not replace a medical diagnosis or treatment plan. Only a licensed healthcare provider can diagnose or treat medical conditions. If you have any questions or would like assistance finding a pediatric foot or movement specialist, please contact us. Assessments, evaluations, and program participation with medical providers are covered by health insurance based on eligibility. Thank you for partnering with us to support your child's foot health and physical development.

Happy Feet 4 All – Preventative Care Program