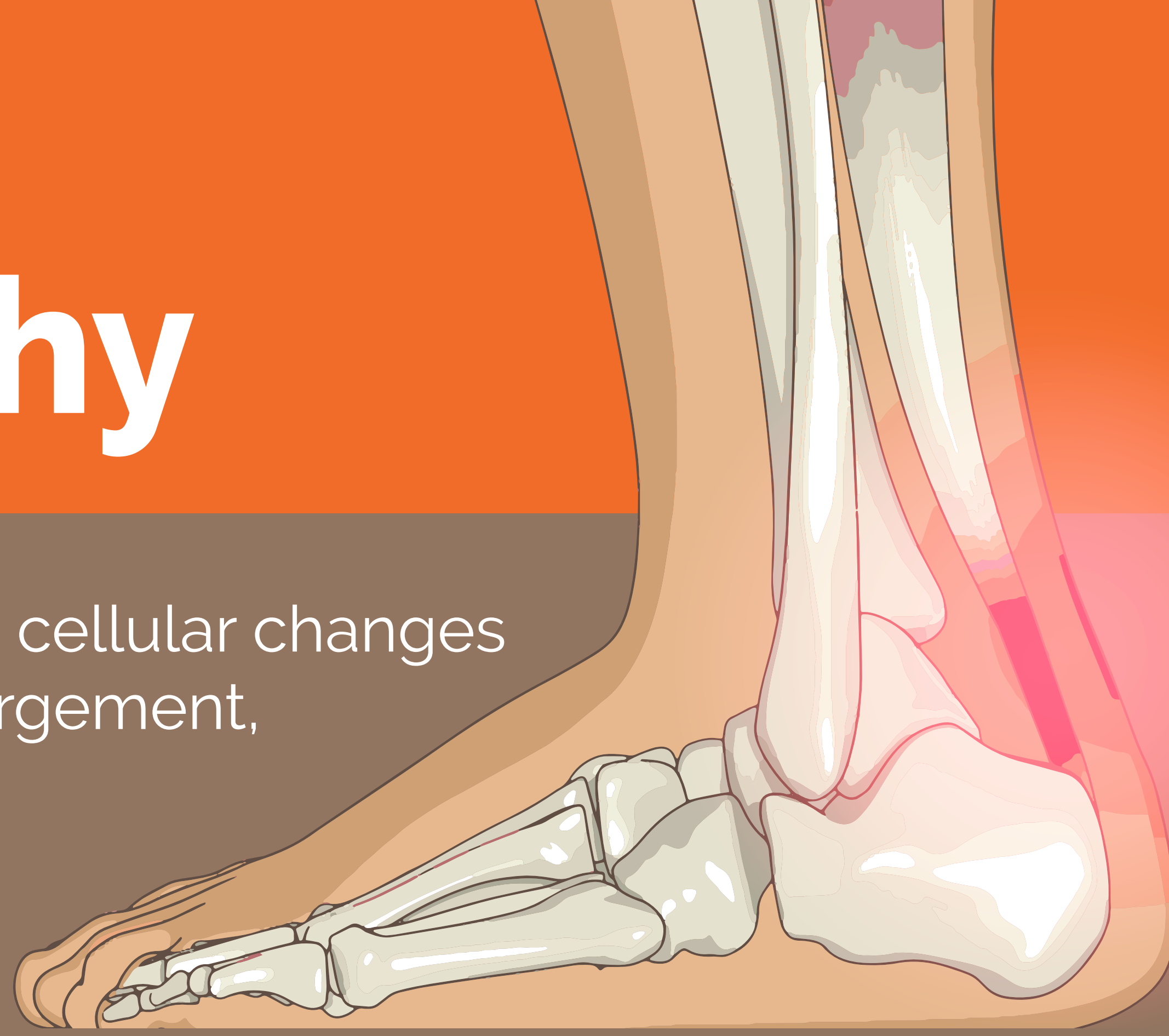


Achilles Tendinopathy

Achilles tendinopathy pain is due to cellular changes within the tendon that result in enlargement, elongation and decreased stiffness. It is often the result of an overuse injury that compromises the tendon's ability to handle load.



Etiology

- Degenerative changes
- Reactive tendinopathy
- Inflammatory conditions

Evidence-based treatment approach varies based on the location of tendinopathy symptoms.

Mid-portion Achilles tendinopathy

Pain localized to the Achilles tendon roughly 3-6 cm proximal to its insertion onto the calcaneus

Insertional Achilles tendinopathy

Pain localized to the Achilles tendon at its insertion on the calcaneus

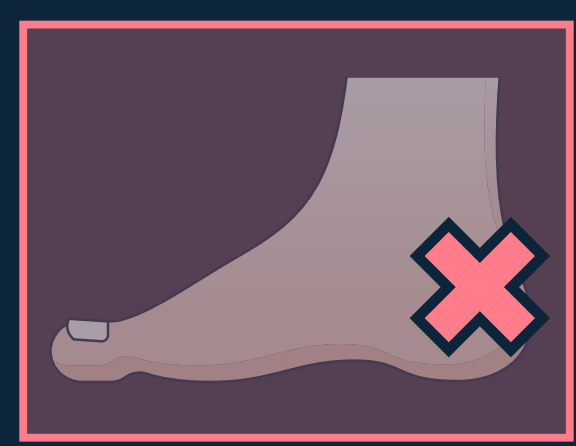
Signs and Symptoms

Palpable enlargement of the tendon (midportion)

Symptoms worse in the morning or following relative rest

Tenderness to palpation at midportion, or at insertion

How do we effectively treat Achilles tendinopathy?



INSERTIONAL ACHILLES TENDINOPATHY

- Heel lifts or footwear modifications
- Education regarding Achilles-sparing strategies
- Progressive resistance training (isometric, concentric, eccentric loading)
- Gastrocnemius complex soft tissue mobilization
- Avoid traditional calf stretching



MIDPORTION ACHILLES TENDINOPATHY

- Iontophoresis to reduce tendon inflammation
- Progressive resistance training (isometric, concentric, eccentric loading)
- 3D stretching of gastrocnemius complex

GENERAL GUIDELINES FOR ALL ACHILLES TENDON MANAGEMENT:

- Avoid complete rest
- Continue to be active within pain tolerance
- Modification of running and training techniques as indicated