

## Achilles Tendinopathy

*"But I must have the confidence and I must be worthy of the great DiMaggio who does all things perfectly even with the pain of the bone spur (Achilles) in his heel."*

Ernest Hemmingway, The Old Man and the Sea, 1952

## Achilles Tendinopathy

- Common
- Difficult to treat
- Slow to heal
- Often recurrent
- Requires treatment!

## At Risk Population

- Athletes
  - Runners
  - Impact athletes
- Sedentary
  - Excessive body weight

## Symptoms

- Burning pain
- Swelling
- Stiffness
- Nodule formation
- Calcification or spur

## Two Types

- Insertional (sedentary)
  - Pain at tendon/heel bone junction
- Noninsertional (athletes)
  - Pain in the tendon, just above heel bone

## Nonoperative Treatment

- Rest
- Ice
- Heel lift
- Physical therapy
- Stretching/strengthening
- Immobilization

### Newer Treatment : Shock Wave Therapy

- Safe
- Effective
- Noninvasive
- In-office treatment
- Popular in Europe/South America
- Less available in USA

### Newer Treatment : Shock Wave Therapy

- Enhances tendon healing
  - “Brings blood to tissue with poor blood supply”

### Injection Therapies

- Platelet Rich Plasma ( PRP)
  - Works in animals
  - Controversial in humans
  - Expensive
- Steroids.....Risky!!
  - Tendon ruptures

### Eccentric Strengthening

- Done on a step
- “Up on two/down on one”
- Emphasize negative ( downward) phase

### Best Stretches-Two Types

Straight Knee

Bent Knee

### Surgical Options

- Resect diseased tendon
- Remove calcifications and spurs
- Effective!!
- BUT...
  - Requires immobilization
  - Slow recovery