

ACHILLES TENDINOPATHY



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WHAT IS IT?

Pain in achilles tendon related to increase in activity or training load. Symptoms may or may not be caused by an inflammatory process - think tendonitis or tendon-osis. Presents mainly in younger population.



SPECIAL TESTS

- Palpate tendon to elicit symptoms
- Loading tendon - stretching, muscle activity, running, jumping
- Find patient irritability
- Pattern and timing of symptoms - in morning, with activity, etc.
- Gather history of patient

DIFFERENTIAL DIAGNOSIS

- Posterior tibialis tendon
- Bursa in area
- Posterior ankle impingement
- Haglund deformity
- Radiculopathy
- Injury to sural nerve



TREATMENT EXAMPLES

- Activity modification by decreasing intensity and frequency of activity
- Progressive loading program
 - gastroc/soleus strengthening, stretching, ankle mobilizations, soft tissue mobilization
- Monitor loading when returning to sport or activity
- Biomechanical alterations, orthotics

EXAMPLE QUESTION

All of the following should be included in the differential diagnosis of Achilles tendinopathy except?

1. Sural nerve irritation
2. Os peroneum
3. Posterior tibialis tendinopathy
4. Posterior ankle impingement

Answer: Os peroneum

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