

# **Achilles Tendinosis**

## **Introduction**

Achilles tendinosis is common among runners and athletes participated in impact loading sports. It is a non-inflammatory condition resulted from repeated minor tear of tendon fibers. Risk factors included flat feet, heel cord tightness and abrupt increase in training intensity or frequency.

## **Symptoms**

Achilles tendinosis usually occurred in young to middle aged athletes. You will feel pain over insertion of Achilles tendon. There may be associated swelling. Pain is usually gradual in onset and increased with walking or running. Your strength and range of motion of ankle joint may be limited.

## **Diagnosis**

Your orthopaedics surgeon will take a detail history and do a thorough physical examination. Usually, there is local tenderness ~ 3-5 cm above the insertion of Achilles tendon to heel bone. X ray is usually negative and MRI will demonstrate swollen and thickened Achilles tendon.

## **Treatment**

Most of the Achilles tendinosis respond well to conservative treatment, including activity modification, physiotherapy (e.g. calf muscle training, ultrasound, shockwave or pulsed electromagnetic field) and orthosis. Anti-inflammatory medications will help in symptoms relief. It may take up to 3 months or more for patient to have symptoms resolved.

Surgical treatment is reserved for resistant cases. The surgical principle would be excision of diseased or degenerated part of Achilles tendon with or without tendon transfer or augmentation.