

Dr. Gene Desepoli

Achilles Tendinitis Summary Treatment Sheet

Pathology:	The distal portion of the Achilles tendon has a very poor blood supply and is one reason given for frequent occurrence of tendinitis at this point. Usually occurs in the most distal portion of the tendon on the anterior side. If the patient has a severely tight Achilles tendon and then they jump they could either treat the tendon completely or develop micro tears. 100% tear they cannot plantar flex because of full disruption. 40% tear they can heal naturally. Cortizone shots make the tendon weaker and has a chemical effect on connective tissue.
History:	The patient may have been involved in running or jumping, out of shape and then suddenly decides to play basket ball, may have short tight inflexible muscles or overused their muscles.
Assessment:	Pain at the distal portion of the Achilles tendon Pain with resisted plantar flexion Pain with passive dorsi flexion Pain in 1 of 4 areas (Trigger Points)
Bolstering/ Patient comfort:	Ensure that all muscles are relaxed during treatment
Heat/Cold Therapy:	Ice is appropriate to reduce sensitivity of the tendon at the distal point to allow transverse friction. Ice is also applied if microswelling or selling is present. Heat may be used over the muscle to promote tissue pliability to increase blood flow.
General Massage:	Massage of all muscles around the ankle and the leg is important.
Specific Massage:	Friction massage is most appropriate to break up adhesions that develop in the distal region as well as in areas that inflammatory fluid has reached. Stripping, broadening and compression are also applicable.
Evaluate/Treat TrPs:	Eliminate trigger points in the Achilles tendon.
Stretching Exercises:	With the knee bent dorsiflex the foot to stretch the soleus. With the knee straight, dosiflex the foot to stretch the gastrocnemius and plantaris.
Strengthen:	Strengthen the gastrocnemius, soleus and plantaris by having the patient stand on their tip toes.
Patient Education:	Patient should be advised to check their footwear as they may need to buy new sneakers, or get orthotics. They need to do proper stretching before exercising, stand on the edge of a step and drop their heels down to properly stretch the muscles or they can use a towel under the ball of their foot and pull upwards.
Medical Referral:	It is appropriate to co-treat the patient with a doctor and/or to receive medical approval. A tear must be ruled out. Other more serious conditions may be overlooked.