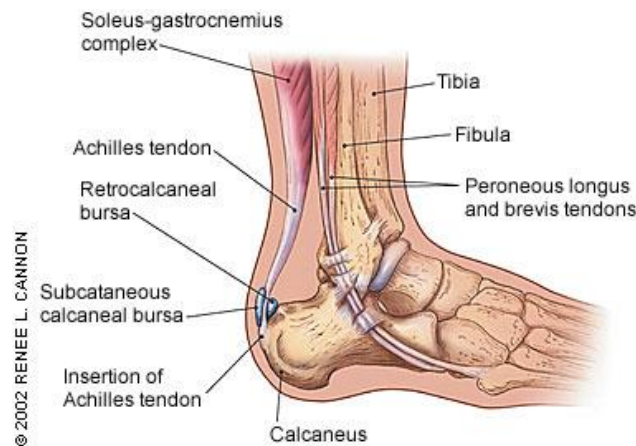




Achilles insertional injuries

What is it?

Achilles injuries can affect the middle of the tendon or where it inserts on the back of the heel bone (calcaneus). Often, it's triggered by overuse of the affected limb or biomechanical problems. But sometimes, we can't identify the exact cause. The Achilles tendon does not have good blood supply or cell activity, so this injury can be slow to heal and lead to chronic scarring.



Acute Treatment:

- Decrease jumping, running (especially hills)
- Cross train (ie: swimming, water running, elliptical, cycling, etc.)
- Ice area after exercise, running
- Heel pads to reduce the strain on the tendon
- Anti-inflammatory medicine (ie: Ibuprofen, Aleve or topical Voltaren cream)
- Stretch hamstrings and calf
- Walking boot or cast w/ crutches: 4-8 wks (depending on severity of injury)

Chronic Treatment:

- Walking boot
- Physical Therapy
- Steroid injection – rarely used (due to risk of tendon rupture)
- Nitroglycerin patch
- Shockwave therapy
- Orthobiologic injections – Prolotherapy or Platelet Rich Plasma (PRP) injections
- Surgery