

## Achilles tendinopathy

### Diagnosis

- palpation (mid-tendon vs insertional)
- history of increased activity (often after a period of decreased activity)

### Management

1. activity modification - reduce walking or running
2. unload with heel wedge in shoes (orthotics are not effective)
3. strengthening both soleus & gastrocnemius

no stretching for insertional tendinopathy

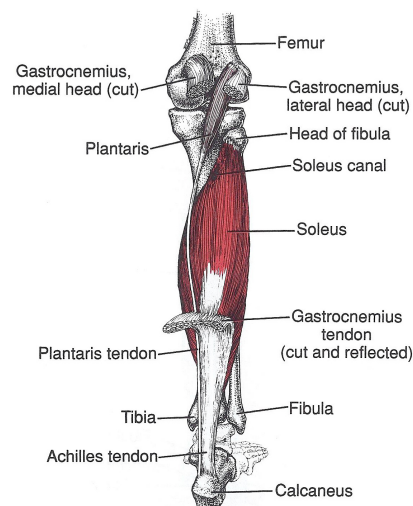
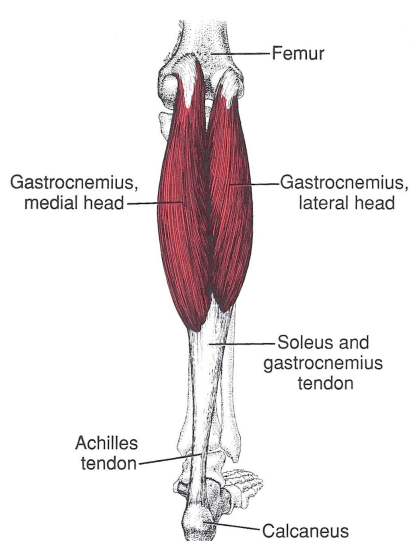
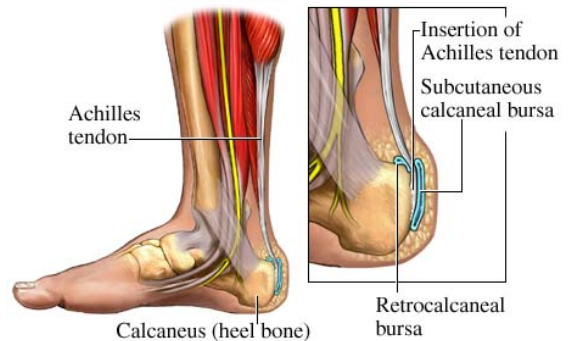
### not to miss

rupture

- thompson test, angle of the foot prone, reported “pop” & hit in the back of the leg, ultrasound may miss it
- requires immediate boot with wedges & crutches TWB (specialist referral for opinion on surgical vs non-surgical approach)

### not recovering

- retrocalcaneal bursitis - may need corticosteroid injection
- superficial calcaneal bursitis - silicon sock or backless shoes
- PRP, nitroglycerine



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