

## CASE STUDY - *For more details contact Nick Dinsdale as above.*

<b>Name of Patient:</b>	Male
<b>Age:</b>	45 years old
<b>Sport / Occupation:</b>	Football & circuit training
<b>Level of Activity:</b>	3 - 4 times weekly
<b>Condition:</b>	Chronic thickening of achilles tendon

## CHRONIC ACHILLIES TENDINOSIS



### Condition / aetiology:

Achilles tendinosis is a condition that affects the lower end of your achilles tendon which connects the calf muscle to the heel.

It is considered to be an 'overuse' inflammatory condition and is very common in men, particularly, middle aged men, owing to degenerative changes that take place with age. The inflammation is a response to micro tears in the tendon. Often accompanied with a gradual development in pain, tenderness, and often morning stiffness.

The pain may diminish during training, only to return several hours later. The achilles has very poor blood supply, limiting the healing process.

***Achilles tendinosis is very difficult to overcome; therefore early intervention is vital.***

### Multifactorial Causes:

There are many causes and often the problem is multifactorial, this means that there is usually more than one cause.

Typical causes are:

- Overtraining – 'overuse' / abuse
- Degeneration of tissue owing to age
- Tight and/or weak calf muscles
- Biomechanical problems – excess pronation / under pronation
- Sudden changes in training levels / modes
- Multidirectional activities in running
- Deceleration on hard / high friction surfaces

In the above case study, the cause was multi-factional;

Overtraining, degeneration owing to age, tight calves combined with multi-directional running activities associated with circuit training.

### Agreed Management Plan:

Treatment involved 6 visits, comprising of:

#### Short term:

- ROM measurements taken as bench marks
- Ice / cryotherapy
- Followed by contrast bathing
- Stopping all running / multi- directional activities
- Electrotherapy treatments.
- Transverse frictions
- Improve flexibility (ROM) in calf muscles
- Fit gel heel raise / wedge

#### Long term:

- Review & modify training activities
- Introduce eccentric work
- Restore full flexibility (ROM) in calf muscles
- Restore full strength in calf muscles
- Restore full proprioception.

### Outcome:

The patient returned to training after approximately 6 weeks having accepted his limitations owing to the chronic condition and age. Future training activities would exclude multi-directional activities. The patient also accepted the necessity to continue with specific preventive exercises.