



ACHILLES TENDINOPATHY





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Cause

Achilles tendinopathy is usually an overuse injury where the Achilles tendon becomes inflamed and tiny tears in the tissue occur. The injury usually presents suddenly, although in most cases it has been happening for some time before symptoms arise. This can either occur at the insertion or the mid-portion of the tendon and in more severe cases, the tendon itself can become torn.

Causes: Achilles tendinopathy is brought on by overuse, this can be from repetitive movements and inadequate recovery. There are certain risk factors like footwear, activity and foot posture that can also contribute to the development of the condition. Activities which aggravate the achilles are plie's and jumping, however any repetitive movement where the tendon is loaded can be troublesome and the area is not sore during pointe work.

Symptoms

Activities that aggravate the achilles are plie's and jumping however any repetitive movement where the tendon is loaded can be troublesome and the area is not sore during pointe work.

Treatment

- RICE
- Exercise therapy
- Activity modification
- Orthotics or insoles
- Soft tissue therapy - ultrasound, dry needling, massage
- NSAIDS's (anti-inflammatories)
- Taping
- Immobilisation splints - Moon Boot
- PRP injections
- Cortisone Injections
- Surgery if all conservative treatments fail

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