

ACHILLES TENDINITIS

ICD-10 M76.60

30-50

Mean Age of
onset
Male>Female

Greater risk in those engaged in increased activity recreational or competitive, and those with obesity, hypertension, and diabetes.



ECCENTRIC LOADING

Consider implementing an eccentric loading program to decrease pain and improve function

LOW LEVEL LASER

Consider using low-level laser therapy to decrease pain and stiffness

IONTOPHORESIS

Consider using iontophoresis with dexamethasone to decrease pain and improve function



PHYSICAL IMPAIRMENT MEASURES

Dorsiflexion ROM, subtalar joint ROM, plantarflexion strength and endurance, static arch height, forefoot alignment, and pain with palpation.

Risk Factors	Diagnosis/Classification	Interventions	Outcome Measures
<p><u>Intrinsic</u> – Abnormal ankle dorsiflexion ROM, subtalar joint ROM, decreased ankle plantar flexion strength, increased foot pronation, and abnormal tendon structure.</p>	<p>A complete history and physical exam are typically sufficient to come to a diagnosis of Achilles tendinopathy. However, there is no widely accepted or validated classification system.</p>	<p><u>Eccentric Loading</u> – Decrease pain and increase function in patients with mid-portion Achilles tendinopathy</p>	<p><u>Victorian Institute of Sports Assessment (VISA-A)</u> – Assesses severity of Achilles tendinopathy and consists of 8 items to assess stiffness, pain, and function.</p>
<p><u>Extrinsic</u> – Training errors, environmental factors, and faulty equipment.</p>	<p><u>Purposed Classifications</u> – The Curwin and Stanish 7-Level Classification, The Nirschl Pain Phase Scale of Athletic Overuse Injuries, and the Puffer and Zachazewski 4-Level Scale.</p>	<p><u>Low-Level Laser Therapy</u> – Decrease pain and stiffness.</p>	<p><u>Foot and Ankle Ability Measure (FAAM)</u> – Region-specific instrument used to assess activity limitations and participation restrictions for individuals with foot and ankle disorders.</p>
<p><u>Related Conditions</u> – Obesity, hypertension, hyperlipidemia, and diabetes.</p>	<p><u>Typical Signs</u> – Self-reported pain and perceived stiffness in Achilles tendon following a period of inactivity that improves with acute activity but worsens after activity, Achilles tenderness, positive arc sign, and positive test on the Royal London Hospital Test.</p>	<p><u>Iontophoresis</u> – Used with dexamethasone to decrease pain and improve function.</p>	