

Mid-Portion Achilles' Tendinopathy

Presentation

Gradual onset
Overuse injury
Mild swelling / thickening over mid portion of Achilles' tendon
Pain on calf raise
Localised tenderness

Classification

1. Acute - Reactive tendinopathy 0-6 weeks
2. Sub-Acute - Tendon Dysrepair 6-12 weeks
3. Chronic - Degenerative Tendinopathy > 6/12

Referral to Physiotherapy (use NSAIDS with caution)

No Better after 3/12

Secondary Care