Patient presents with pain in the Achilles region

History and Physical Assessment

Mid portion Achilles tendinopathy

- Baseline assessment (VISA-A or LEFS, and CSIM)
- Optimize biomechanics of gait and posture using a comprehensive, individualized PT approach
- Begin controlled tendon loading exercise as tolerated
- Ongoing reassessment (CSIM)

May consider adjunct therapies or medical referrals which may improve outcomes: manual therapy, LLLT, nitric oxide, prolotherapy

For more acute symptoms, may consider adjunct therapies: heel lifts, acupuncture, dexamethasone iontophoresis

Symptoms improving?

NO

- Consider requesting further investigation
- Revisit biomechanical exam
- Progress exercise-focused treatment

Reassess at 12 weeks (VISA-A or LEFS)

Symptoms substantially improved?

NO

- Continue exercise-focused treatment
- Consider adding shockwave therapy
- Consider assessment for and management of neuropathic pain

YES

- Progress home-based exercise and sport-specific activity
- Reassess as needed

After six months consider referral for minimally invasive surgery, if available

CSIM  Client-specific impairment measure
LEFS  Lower extremity functional scale
LLLT  Low Level Laser Therapy
PT  Physical therapy
VISA-A  Victorian Institute of Sports Assessment – Achilles

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