

# Achilles Tendinopathy & Ruptures



## Seth O'Neill

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## Quick Takeaways

- Plantaris can create a compression induced tendinopathy in plantarflexion or dorsiflexion.
- Calf stretch + raise can be sensitised by tibial rotation to isolate pathological fascicles
- Patients shouldn't be sore the day after low dose (bodyweight calf raises) exercise. Pain should be <20 mins and reps should be based on this rather than recipe prescriptions
- Loads of ~90%MVC need to be used to induce structural changes of the tendon
- In non elite runners hill runs, tempo runs & high intensity runs can be utilised to increase Achilles load instead of plyometrics
- It's important to load in positions outside of neutral during rehabilitation for successful return to sport

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## Key Learnings

**1** Very early and aggressive loading of the Achilles post repair may cause excessive tissue lengthening which is problematic for creating stiffness later in rehab

**2** Frequent bouts (3 x day) of low load calf exercise enhances collagen production and tendon repair.

**3** Correct diagnosis is important: Flap tear/ longitudinal splits will do much worse with a heavy loading protocol while tendinopathy gets much better