Achilles tendonitis

Achilles pain, stiffness, and muscle power deficits


Description: This 26-page document presents evidence-based clinical practice guidelines on the risk factors, diagnosis, classification, outcome measures, impairment measures, and physical therapy interventions for achilles tendonitis. The guidelines are presented within an International Classification of Functioning Disability and Health (ICF) framework. It begins with a 1-page summary of all guideline recommendations. The prevalence and pathoanatomical features are presented, followed by the evidence for intrinsic and extrinsic risk factors. Signs, symptoms, and the efficacy of imaging to assist in the diagnosis of achilles tendonitis are discussed. Potential conditions to consider in the differential diagnosis are also outlined. Measurement properties of tools to measure physical impairments, activity restriction, and participation limitations specific to a person with achilles tendonitis are presented along with the evidence for prognosis. Evidence for the efficacy of physical therapy interventions are detailed and include eccentric loading, laser therapy, iontophoresis, stretching, foot orthoses, manual therapy, taping, heel lifts, and night splints. All 135 cited references are listed at the end of the document.

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