

CASE STUDY

ACHILLES TENDONOPATHY

A 42-year-old male who runs 8-10km daily on his lunch break is sidelined with Achilles Tendonopathy and would like to get back to his regular workout routine.

MEDICAL HISTORY

- No history of injury.
- Previous orthotics from chiropractor are 5 years old.
- Currently seeing physiotherapist and working on strengthening and reducing asymmetries in dynamic stability.
- Pain in the belly of the Achilles tendon is 7/10 at its worst, but never resolves, even with rest from activity. Stiffness noted when he begins running.

ANALYSIS

- R>L hindfoot eversion and medial ankle shift with excessive bending stress of the Achilles.
- Noted thickening of the R Achilles tendon with palpable pain in the tendon belly.
- R>L overpronation in gait.



TREATMENT PLAN

- Bilateral custom cast orthotics to reduce hindfoot eversion and overpronation, and therefore reduce bending stress on the Achilles.
- Bauerfeind Achillotrain Pro compression sleeve with targeted butterfly to increase circulation and stimulate the tissue.
- Night splint to reduce passive plantarflexion, decrease compression of the Achilles, and promote healing at an appropriate length.
- Updated running footwear .

ORTHOTIC FITTING

- Has been wearing Bauerfeind Achillotrain Pro daily and night splint nightly.
- Feels like he has “rounded a corner”. Running less frequently, but yesterday’s usual route was only 3/10 pain.
- There was less bending stress on Achilles.



4-WEEK FOLLOW UP

- R achilles pain 1/10 and feeling good.
- Wearing orthotics comfortably full time.
- Physiotherapy, rolling, and wearing Achillotrain on L which he injured a couple weeks ago.

All pedorthic appointments are handled by our on-site pedorthists with extensive anatomy and biomechanical knowledge. Each case is treated with the patient’s comfort and safety in mind as recommendations are given accordingly.

A comprehensive treatment plan may include custom orthotics, heel lifts, and shoe modifications, to name a few. Follow-up appointments ensure the services provided at Kintec evolves along with the patients’ ever-changing lifestyles.

Patients can see a Pedorthist by booking a custom orthotics appointment at kintec.net/booknow