



<b>Clinical Condition</b>	<b>Achilles tendonitis ( Insertional )</b>
<b>Clinical presentation</b>	<p>Heel pain in a middle age patient</p> <p>Pain on the posterior aspect of the lower leg above the insertion of the Achilles tendon +/- prominent bone</p> <p>Usually Unilateral</p> <p>Get start-up pain-&gt; Worse pain is the first thing in the morning or after prolong rest</p> <p>May be associated with a swelling</p>
<b>Clinical Photo</b>	
<b>Differential Diagnosis</b>	<ol style="list-style-type: none"> <li>1. Retrocalcaneal bursitis – Pain at Achilles tendon insertion</li> <li>2. Inflammatory arthropathy eg Rheumatoid arthritis</li> <li>3. Achilles tendon rupture</li> <li>4. Posterior ankle impingement</li> </ol>
<b>Information will be helpful with the referral</b>	<p>History:</p> <p>Detail history of the pain (site, type, severity, aggravation and relieving factors)</p> <p>Occupational history ( more common in athletes )</p> <p>Associated back or joint pain</p> <p>Any history of trauma to the heel</p> <p>Any treatment used ( orthotics, physiotherapy, steroids, analgesics )</p> <p>Examination: Exact location of the pain</p>
<b>Investigation required for the diagnosis</b>	<p>Weight bearing ankle X rays</p> <p>May see swelling (not always) associated with Achilles tendonitis</p> <p>Optional- Ultrasonography to identify tendon and bursa involvement</p>
<b>Pre-Referral management strategies (information required with referral)</b>	<ol style="list-style-type: none"> <li>1. Orthotics- Heel raise</li> <li>2. Physiotherapy- stretching exercises</li> <li>3. Analgesia</li> </ol>
<b>Referral Criteria</b>	Continuous pain despite the non-operative management of at least 3 months.
<b>Fact sheets</b>	<a href="http://www.footeducation.com/posterior-heel-pain">http://www.footeducation.com/posterior-heel-pain</a>