



<b>Clinical Condition</b>	<b>Achilles tendonitis ( Non-insertional )</b>
<b>Eligibility</b>	<p>Heel/calf pain in a middle age patient</p> <p>Pain on the posterior aspect of the lower leg above the insertion of the Achilles tendon</p> <p>Discrete swelling with in tendon</p> <p>Usually Unilateral</p> <p>Get start-up pain -&gt; worse pain is the first thing in the morning of the after prolonged rest</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> </ol>
<b>Information required with referral</b>	<p>History: 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 foot X rays</p> <p>May see swelling/ spur associate with Achilles tendonitis</p> <p>Optional- Ultrasonography to identify tendon and bursa involvement</p>
<b>Pre referral management</b>	<ol style="list-style-type: none"> <li>1- Heel raise and physiotherapy</li> <li>2- May take at least 3 months before the results</li> </ol>
<b>Referral Criteria</b>	Continuous pain despite the non-operative management.
<b>Fact sheets</b>	<a href="http://www.footeducation.com/achilles-tendonitis">http://www.footeducation.com/achilles-tendonitis</a>