

Achilles tendon irritation (Achillodynia)



Achilles tendon irritation/inflammation (Achillodynia) frequently occurs as the result of excessive stress and strain on the Achilles tendon. It is common among athletes. In patients with this condition, painful and changed areas of tissue are found along the Achilles tendon. These areas can be reliably located and visualised with ultrasound by a skilled specialist. Apart from CellSonic VIPP treatments for tennis elbow, heel spur and calcified shoulder, the shockwave treatment protocols for Achillodynia are more complex.

A local anaesthetic is recommended as well as the CellSonic treatment head with a 5mm focal length. Depending on the regions of interest in the tendon to be treated, often divided over multiple areas along the tendon, the administered number of pulses can be from 500 to 2,000 shocks. The energy setting for each tendon area can vary from low to above midrange. Two treatments and, in certain cases, up to four treatments for Achillodynia are not unusual.

In general, maximum number of shockwaves will be administered for the very first treatment in the tendon (often in more than one area). For the second and possibly third and fourth treatment the number of shockwaves needed (per tendon area) will decrease as well as the energy settings for each repeated treatment. The patient generally experiences a distinct reduction of symptoms several days after the treatment. One of the first reliefs for these patients is the experience of less problems with the so called "morning stiffness". After VIPP therapy on Achillodynia it takes from 4 to 6 weeks before a "complaint free" status is reached.

For athletes it is advisable to start slowly and increase training gradually under a physician's supervision to avoid heavy or sudden strain. Avoid using aids such as crutches or staying in bed most of the time. The patient

should try to use the treated side as much as possible in their normal daily routine at home. If the job is not physically strenuous, maybe office work, the same applies. In other jobs, like a postman, it is not advisable to be doing long walks for the first two to three weeks after treatment and only later build up to a full time basis. Success rates vary between 70% and 85%.