

CASE STUDY ON AN ACHILLES PROBLEM BY NATALIE CIHAK:

Mr Z attended **Physio Fitness** with a 4 month history of right sided Achilles pain. He was 28 years old and enjoyed playing basketball, running and attended Cross Fit training. His pain occurred following a recent increase in activity levels.

I diagnosed Mr Z with an Achilles Tendonopathy after an in depth questioning of his symptoms and a physical assessment.

Initially I treated Mr Z twice weekly and then weekly. His treatment during the sessions consisted of soft tissue release of the calf muscles, stretching and ultrasound to the Achilles Tendon and Rock Tape to offload the tendon.

I prescribed Mr Z with an individualised daily exercise programme which was altered and progressed weekly. This initially consisted of calf stretches and exercises following the Alfredson technique of eccentric loading of the calf muscle.

During the first month, Mr Z was instructed to perform only the exercises prescribed with no additional exercise. Following this, we started a running programme on the treadmill and on grass. The programme started with intervals of 400m walking and 100m at a light jog, 3 times per week as permitted by pain. We increased this gradually week by week over a 2 month period. During this period I progressed the exercise programme by prescribing proprioceptive exercises, jumping and hopping and specific basketball exercises.

By the end of month 3, Mr Z was running 30 minutes and had returned to basketball training. I reviewed Mr Z at the end of month 4, where he reported to have returned to competitive games and was running 3 times a week completely pain free. He reported that he felt the fittest and strongest he had ever felt.

If you have a similar problem and would like some treatment and advice please contact us on **07956 472468 / 020 7433 2127**.

Shelley Abraham

Chartered Physiotherapist

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