

# Achilles tendon enthesopathy

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This article has been translated from WikiSkripta; ready for the **editor's review**.

**Achillodynia** is a frequent and unpleasant disease, it reduces the performance of an athlete.

- Damage to the Achilles tendon due to the disparity between the load on the tendon + its biomechanical potential
- Dystrophic changes of the tendon + its attachment to the tuber calcanei occur during overuse
- **Clinically:** overstretching of the tendon + pain when standing on tiptoe, with load
- **Treatment:** exclusion of load, Priessnitz dressings, plaster fixation, NSA overall and locally, surgery

## Links

### Related Articles

- Enthesopathy

### References

- GALLO, Jiří, et al. *Ortopedie pro studenty lékařských a zdravotnických fakult*. 1. edition. Olomouc : Univerzita Palackého v Olomouci, 2011. ISBN 978-80-244-2486-6.