

# ACHILLES TENDON RUPTURE

An Achilles Tendon rupture usually occurs during high, powerful contractions. It is usually (but not always) characterised by a 'snap/pop' feeling at the back of the ankle with bruising and swelling evident within 2 hours, alongside a loss of power.

Studies looking at patients who sustained tendon rupture, found that those with ruptures had underlying tendon pathology (with or without symptoms). This means that careful consideration needs to be applied to those at risk of tendon rupture.



To find out more and for more information:

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## CURRENT BEST PRACTICE FOR MANAGING ACHILLES TENDINOPATHY

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## HOW HAS THIS HAPPENED?

Achilles Tendinopathy is usually a result of over-use. What many of us do not realise is that when we run, up to 8 times our body weight can pass through this tendon during each step.

Tendinopathy occurs when the body cannot replace the collagen fast enough in comparison to the rate it is being used. This discrepancy can lead to a biological disruption in the area, resulting in pain. There is weak evidence to suggest it is related to your bio-mechanical status.



## ACHILLES TENDINOPATHY - WHAT IS IT?

Achilles Tendinopathy is a degenerative or inflammatory condition which is usually characterised by pain which goes with activity but returns at rest.

It is important to understand too that Achilles Tendinopathy is not just found in those who take part in sport. It can be a debilitating injury and hard to manage without the correct interventions.



## HOW CAN I REDUCE MY PAIN?

Contrary to popular belief, stretching is not advisable. Whilst this can feel good and seems to relieve pain, it has poor long term effects.

Things such as load management, diet and rest are all things which are simple modifications which can have immediate effects. Each individual will have specific interventions better suited to them.