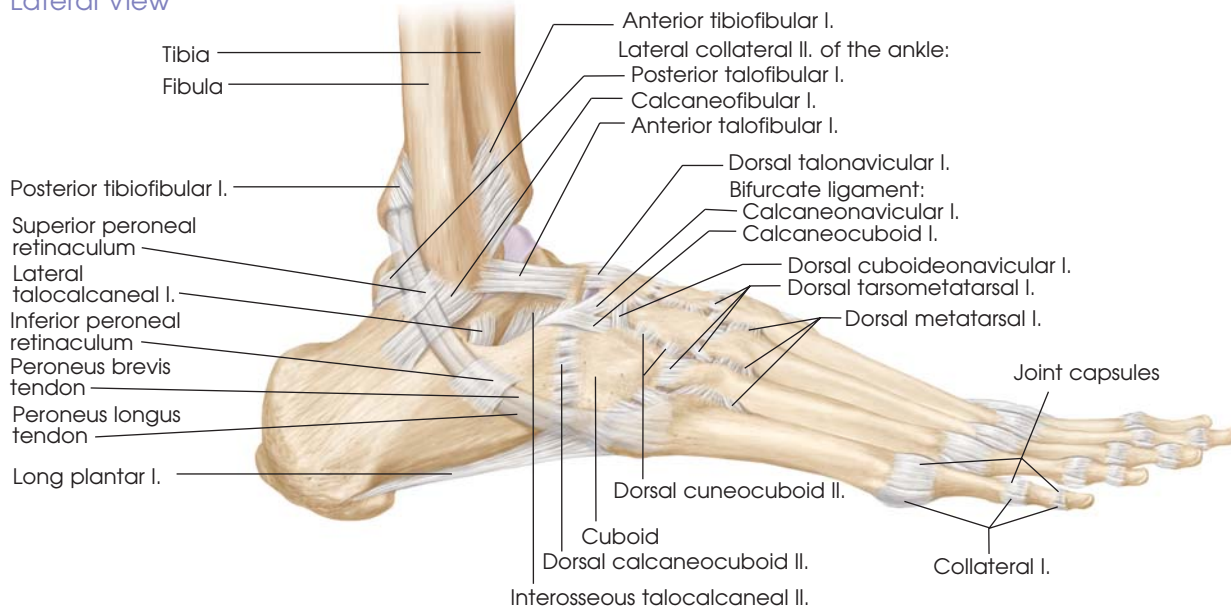
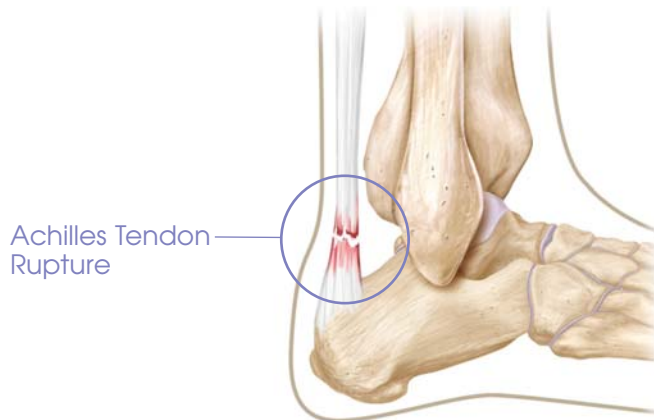


Achilles Tendinopathy and Tendon Rupture

Normal Ankle Anatomy: Lateral View



Key:
 I. – ligament
 II. – ligaments



Achilles Tendon Rupture occurs when the tendon is overstretched and tears – either partially or completely. Before the rupture, many patients have the beginnings of degeneration of the tendon (tendinopathy) and pain. Patients usually feel a pop when the tendon ruptures. Other symptoms can include pain and swelling at the heel and the inability to point the foot downward, walk normally or rise onto the toes. Achilles tendon rupture can occur when quickly pushing off on the toes or suddenly bending the foot.

Common Treatment Options

- Use crutches and techniques to keep weight off the ankle.
- Keep the ankle immobile by using a boot or cast.
- Surgery may be needed to repair the tendon.

