

# TREATMENT OF ACHILLES TENDINITIS

## A. CONSERVATIVE TREATMENT

- Oral Anti-Inflammatory Medication
- Stretching
- Temporary Heel Lift
- Deep Massage with BioFreeze
- Orthotics
- Night Splint
- Air Heel
- Physical Treatment
- Immobilization
- ESWT

## B. SURGICAL

### Minimally Invasive Cryosurgery

- a. 7-14 minute in office procedure under local anesthetic
- b. Protected weight bearing 1-2 weeks

### Open Surgical Debridement of Tendon

- c. Performed in hospital – Same day procedure
- d. Cast for 4 weeks
- e. Physical Therapy thereafter



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