

**Clinical Guideline:** Achilles Tendonitis Site: FPH

Pain in Achilles tendon

History

General Information

**Please use MSK/Tier 2 services if available**

**Role of MSK if available**

Review condition and re-enforce advice as appropriate. Aim for assessment to be carried out by podiatrist

**Podiatry advice**

Refer onto Secondary if >80% surgical intervention and patient is ready and willing to accept surgery

* Advice on footwear including raised heel
* Heel pads or arch supports may help
* Physiotherapy self help

Advice and Treatment

**Consider referral if:**

Refer local physiotherapy service if available, to be seen within 3 weeks

Condition persists >3 months despite Physio/conservative measures

**Refer sooner if unable to work:**

Refer MSK (if available)/FPH if condition remains unresolved

Referral Guidelines – red flag signs

Investigation

* Tender Achilles
* Pain on standing on tiptoe

Examination