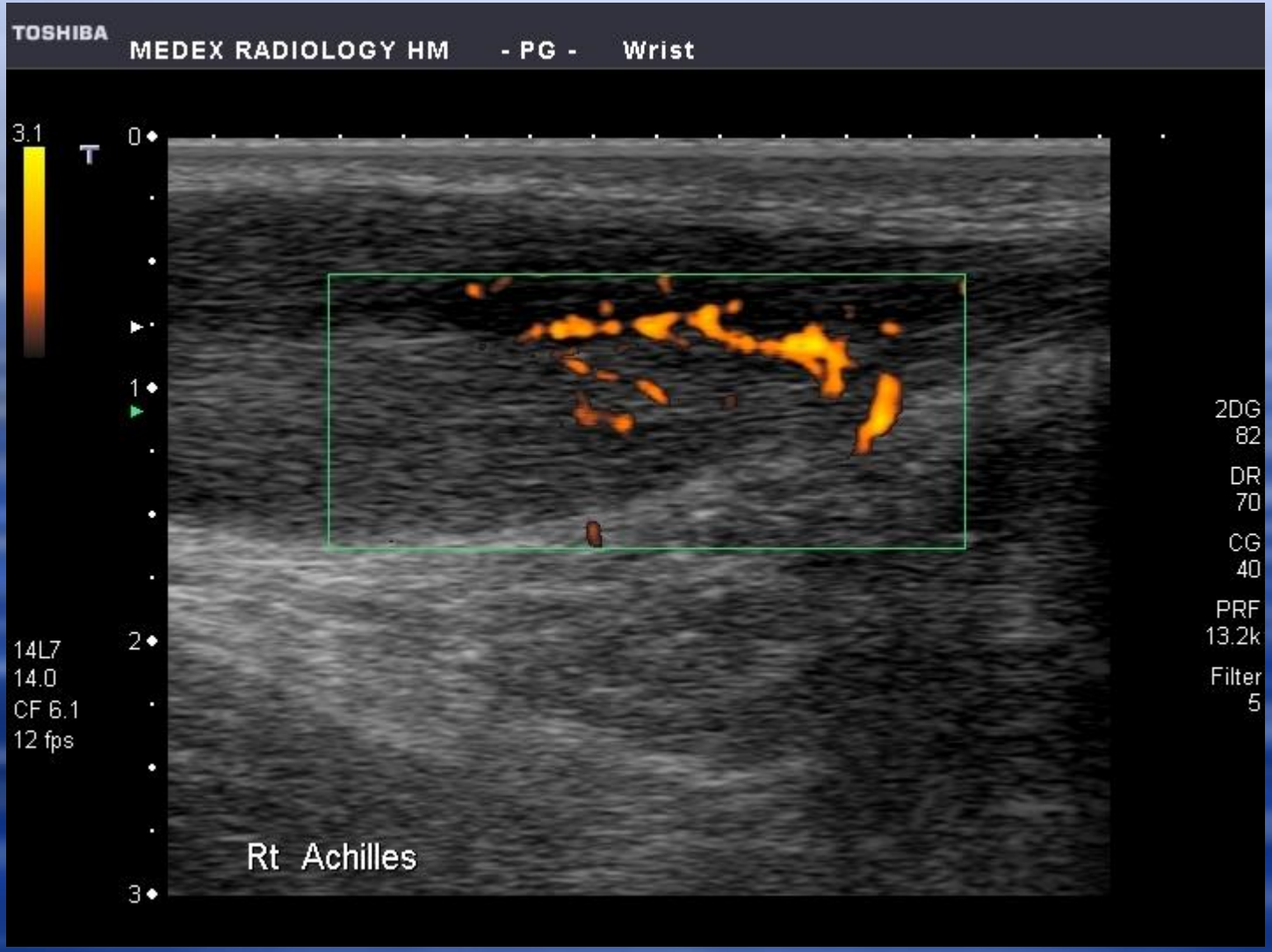
Hypervascular Achilles Tendinopathy

Peter Gendall


TOSHIBA
MEDEX RADIOLOGY HM - PG - Wrist
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CF 6.1
12 fps
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Filter
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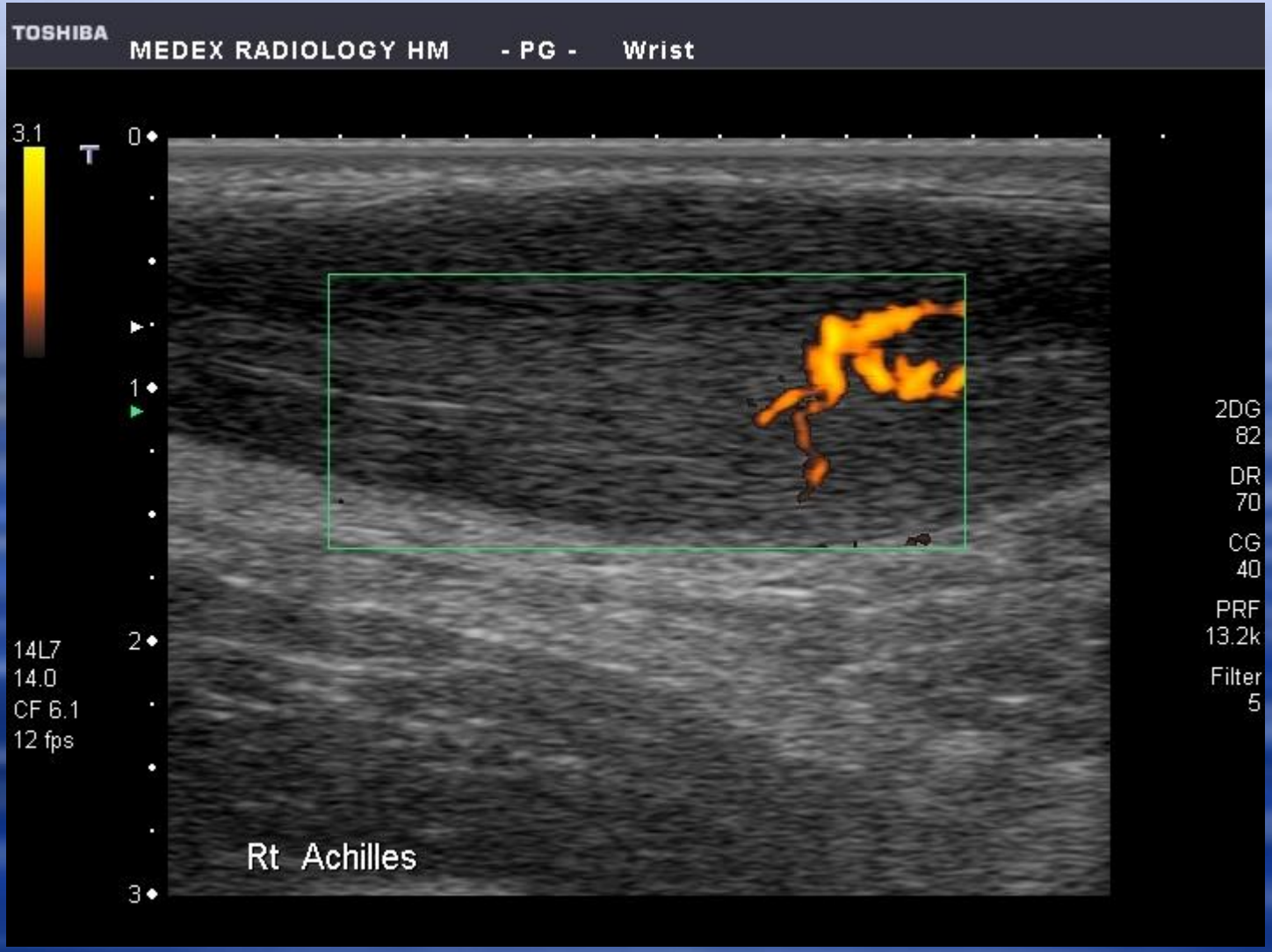
Rt Achilles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QuickTime™ and a
Motion JPEG OpenDML
decompressor
are needed to see this picture.


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References:

Ultrasound guided sclerosis of neovessels in painful chronic achilles tendinosis: pilot study of a new treatment

Ohberg and Alfredson Br J Sports Med 2002:36:173

Sclerosing injections to areas of neovascularisation reduce pain in chronic achilles tendinopathy: a double blind randomised controlled trial.

Alfredson and Ohberg Knee Surg Sports Traumatol Arthrosc (2005)13:338

20 pts 9M 11F

Mean 33months pain (3-120)

Medial inj (sural nerve)

Polidocanol vs lidocaine c adrenaline

5 of ten pts satis c polidocanol
Remaining five satis after further inj

meanVAS reduced from 77+/-7 to 41=/-10

Mean VAS after inj 2 reduced from 63+/-11 to 13+/-7

Polidocanol (Sclerovein)

- Sclerosant, used for many years in lower limb. Safety therefore not in question
- Long acting local anaesthetic

Our Protocol:
Chris Milne Peter Gendall

- Pts must have hypervascular achilles on US
- Must have adequate trial of eccentric strengthening (at least six weeks)
- VISA scores before and six weeks after injection
- No exercise for two weeks post injection
- Second injection at six weeks (3rd at twelve weeks …)

Our Patients

17 patients

M:F10:7

Four patients still being treated (first inj)

Single side…….10
Bilateral……7

Our Patients

Females mean age 50 (34-67)

Males mean age 42 (32-47)

VISA scores from 30-97
VISA often lower at time of second injection
Difficulties with VISA score in non athletes

Our Patients

Good result at end of treatment……...6

Good but some residual pain unilat….2

Some improvement……..1

No improvement……..1

Lost to follow up……..3

Too early for followup……4

Further followup in progress

Satisfaction with treatment

Improvement in mobility

Residual symptoms

Decrease in swelling?

Would you do it again?

Should we continue with this lengthy Treatment regime?

It works, but not without residual symptoms.

Is a better or easier technique available?

(Perhaps high volume xylocaine +/- corticosteroid… Otto Chan)


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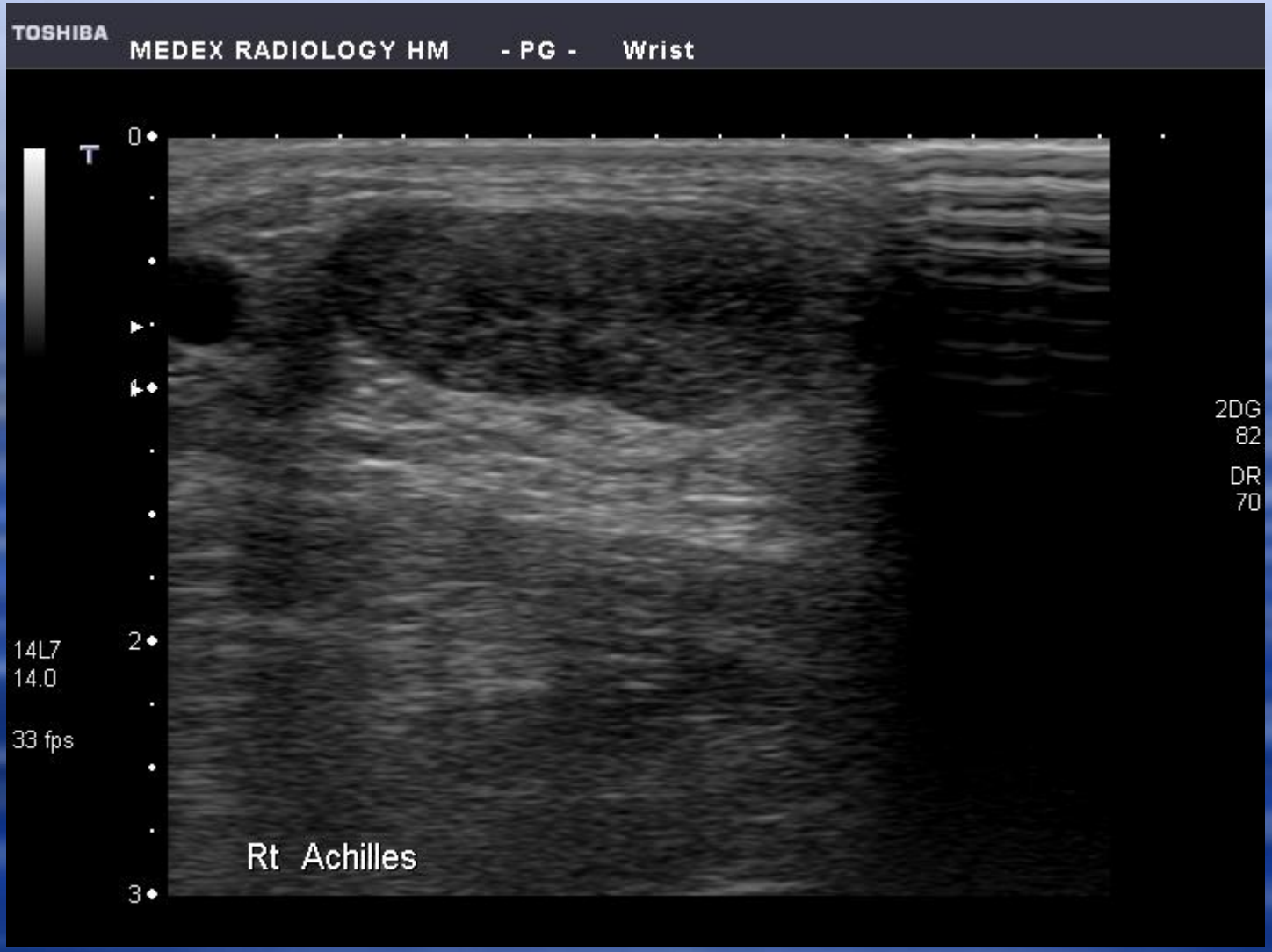
65 fps
Rt Achilles _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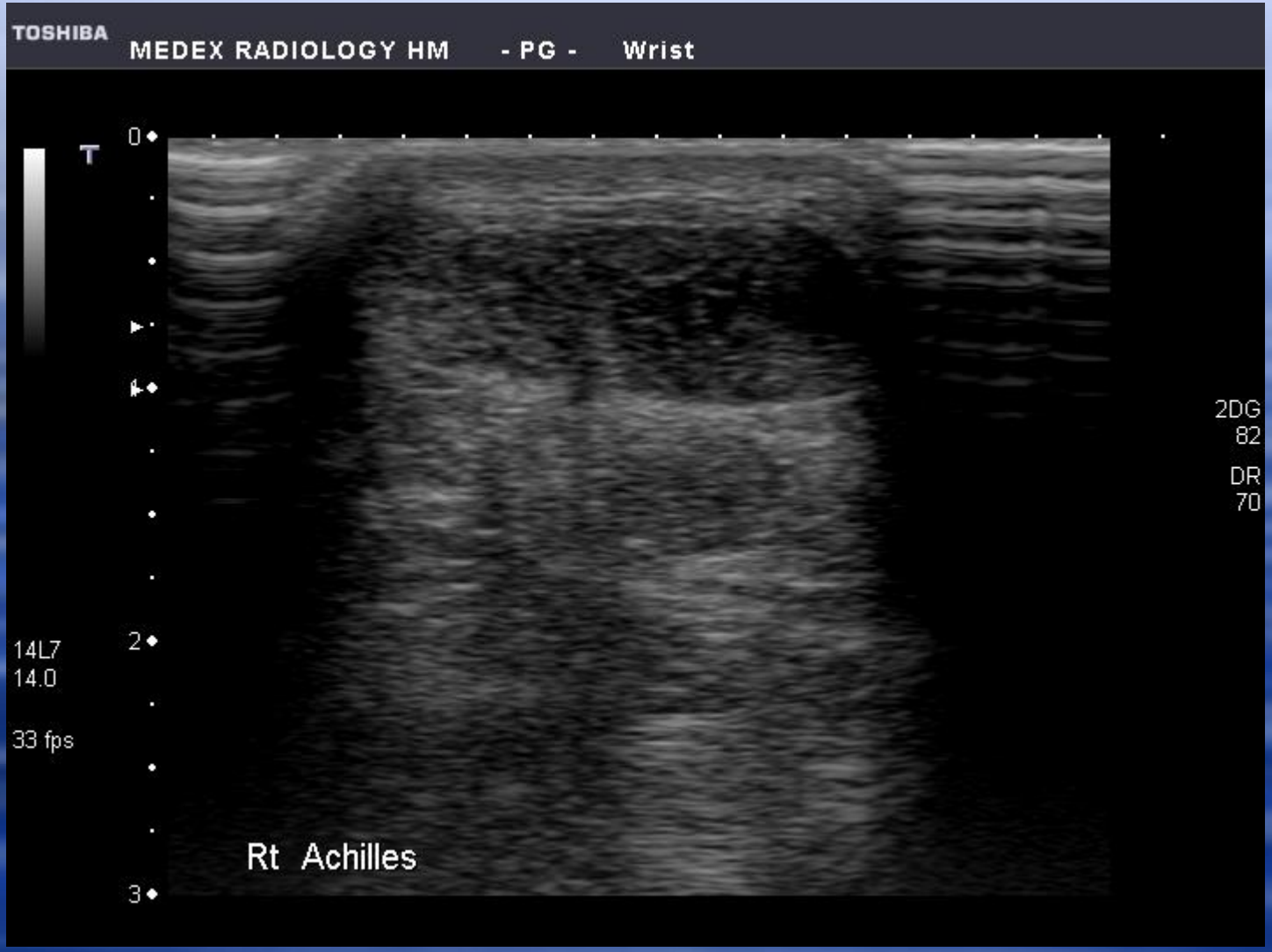
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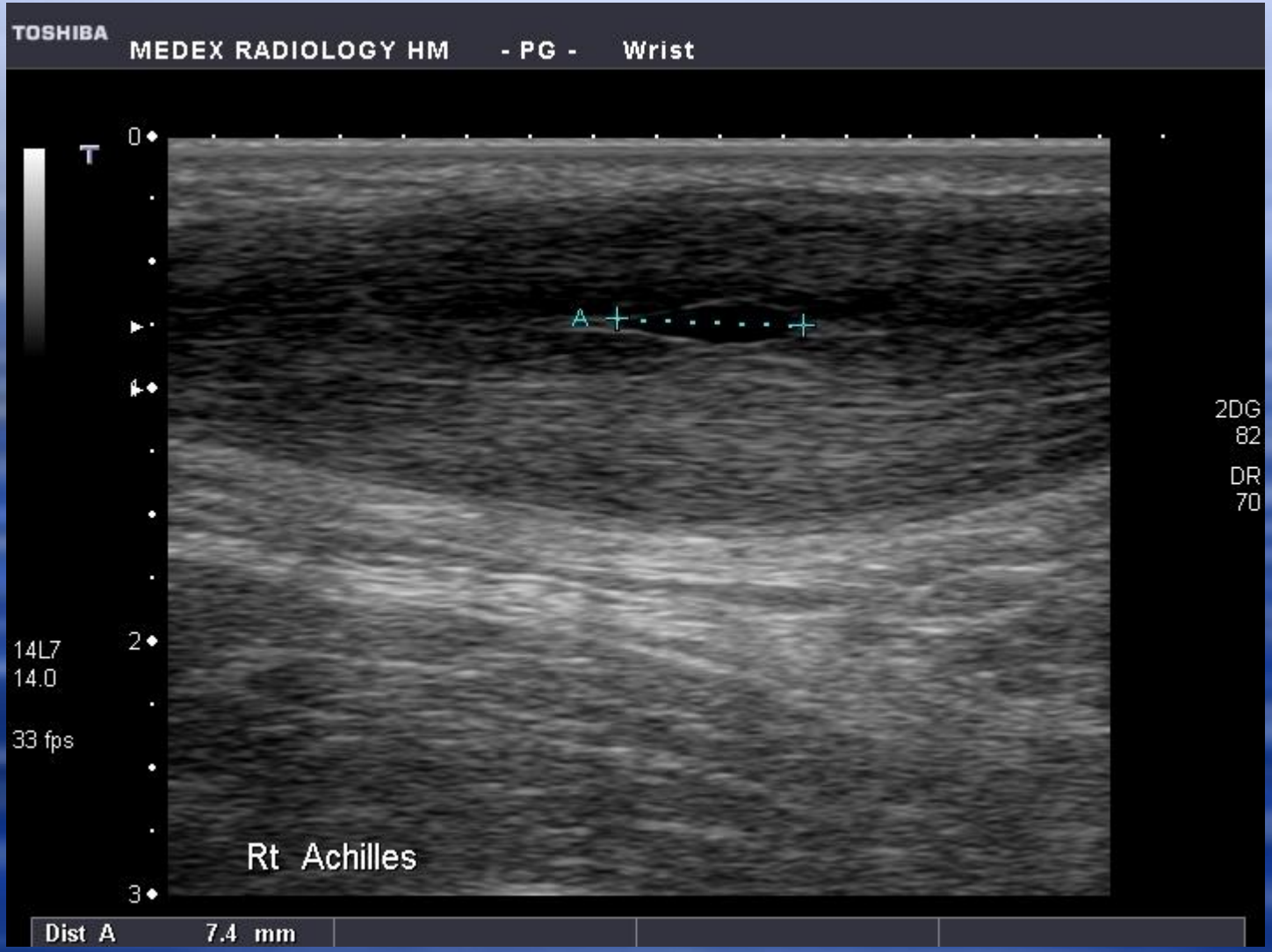
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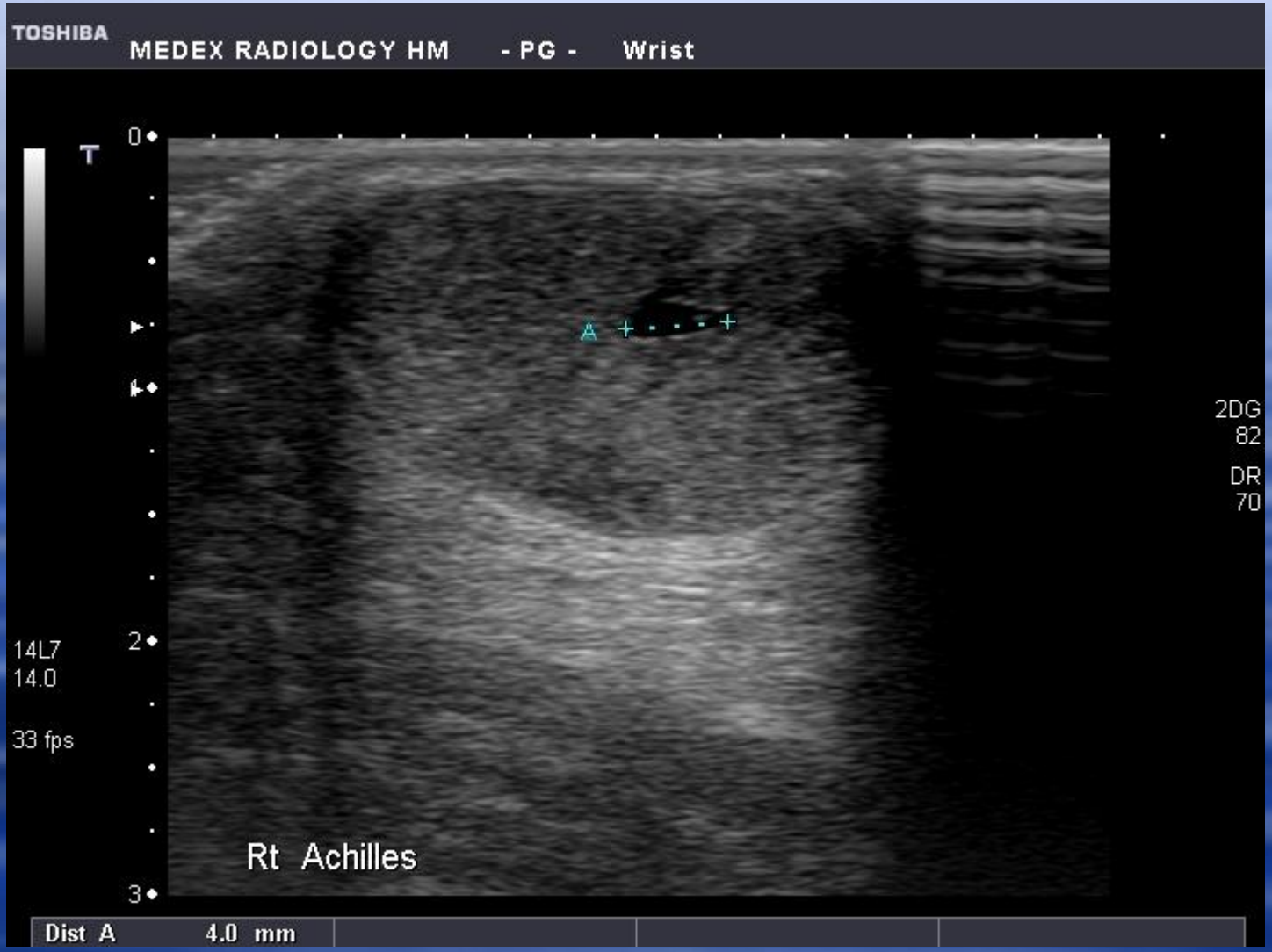
Rt Achilles
Dist A 7.4 mm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14.0
33 fps
Rt Achilles
Dist A 4.0 mm