

## Achilles Tendon Tear

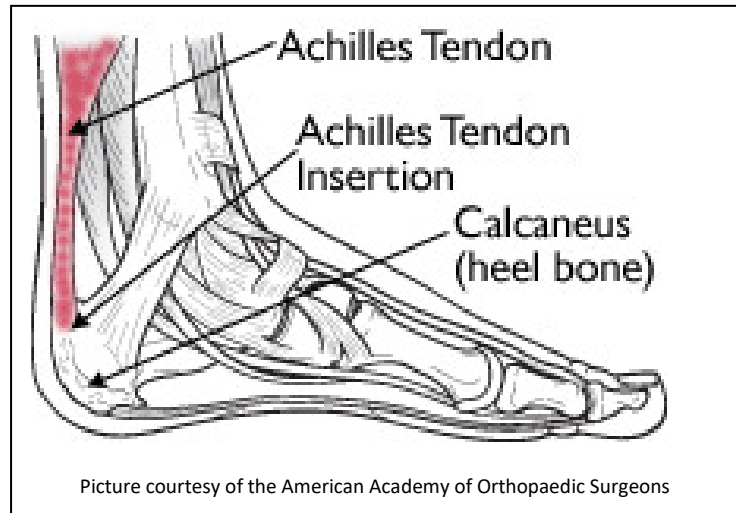
The Achilles tendon is the largest tendon in the human body, and attaches the calf muscle to the heel bone. The Achilles tendon is vital for walking, running, jumping, and pushing off. An Achilles tendon tear occurs when the tendon is forcefully overstretched. The tendon can partially or completely tear. At the time of the injury, there is usually an audible “pop” or “snap” followed by the severe pain in the back of the ankle with the inability to walk.

Causes of ruptures typically include:

- Suddenly increasing the intensity of sports participation, especially in sports involving jumping
- Falling from a height
- Stepping in a hole

Symptoms can include:

- “Pop” or “snap” at the time of injury
- Pain near your heel bone
- Swelling near your heel bone
- Bruising near your heel bone
- Inability to point your toes
- Inability to walk



To accurately diagnose the cause of your ankle pain, we will obtain x-rays and perform a physical examination. An MRI or an Ultrasound will be ordered to determine the integrity of the Achilles tendon. Surgical and non-operative treatment options are available; however, many factors need to be considered when deciding which treatment route is best, and only we can discuss this with you in detail. After non-operative or surgical management, we will provide you with a strict regimen of supervised physical therapy to regain range of motion, strength, and normal gait.

*Disclaimer: This is not considered medical advice. Please see your healthcare provider for diagnosis of injury or illness*