

Achilles tendon complaints (achillodynia)/Haglund exostosis

When every step causes pain

Pain in the posterior heel area has different causes. Triggers of complaints may be inflammation of the Achilles tendon, often with noticeably palpable thickening, an inflammation of the bursa behind the tendon, or a prominent bony bump of the heel (Haglund's exostosis). Pain at the start of movement up to pain at rest is typical. If a change of the tendon tissue is already evident, a tear of the tendon may also ensue in the worst case.

Conservative therapy:

- Orthotic inserts
- Stretching exercises, functional training
- Shock wave therapy
- Injection therapy (cortisone)
- Neural therapy/homeopathic injections
- Acupuncture
- ACP - autologous blood injections
- Hyaluronic acid injection
- Leech therapy
- Kinesio taping

Surgical therapy:

If no improvement is seen with conservative therapy, surgical therapy is required in exceptional cases:

- Removal of the Haglund bump
- Removal of the inflamed bursa
- Removal of the degenerative tendon portion

Would you like advice?

Are you interested in further information?

Would you like a personal consultation or an appointment in our practice?

We look forward to you.

Kontakt

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