

Treating Achilles Tendinitis In a College Basketball Player- A Case Study

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Athletic Training

Physical Poster

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Abstract

During the 2020 Women's Basketball season, an athlete came into the Athletic Training room with the chief complaint of sharp pain in their left achilles. The athlete described the pain as 6/10 with tenderness along the superior aspect of the achilles and at the very inferior insertion of the achilles. The clinical diagnosis was an Achilles tendinopathy, but if symptoms worsened then a visit to the team physician was recommended. Following a visit with the team physician, the medical diagnosis was achilles tendinopathy with possible osteophytes in the distal insertion. A heel lift was inserted into the athlete's shoe to wear during practice and for regular ADL's. Rehabilitative techniques such as Graston, Ultrasound, and Joint Mobilization were used in an attempt to decrease the athlete's pain, but to no avail. The athlete's orthotics were changed due to an adjusted heel lift, which seemed to relieve some pain in the achilles, but a new pain in the knee of the affected side arose. Due to the Coronavirus pandemic, the athlete returned home and could not continue further treatment in the Athletic Training room, however the athlete was encouraged to continue foam rolling at home. Currently, the athlete has not come in for pain in

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her achilles since returning to campus. It should be noted that the athlete was recommended multiple times to sit out of practice if they could not withstand the pain, however the athlete stated multiple times they could handle it. It is not clear whether the treatment done actually helped during the season or not.