

Achillodynia in long distance triathletes – a retrospective survey among 1158 female and male athletes

Fladischer, T.*; Hoeden, D.** ; Titze, S.**



INTRODUCTION:

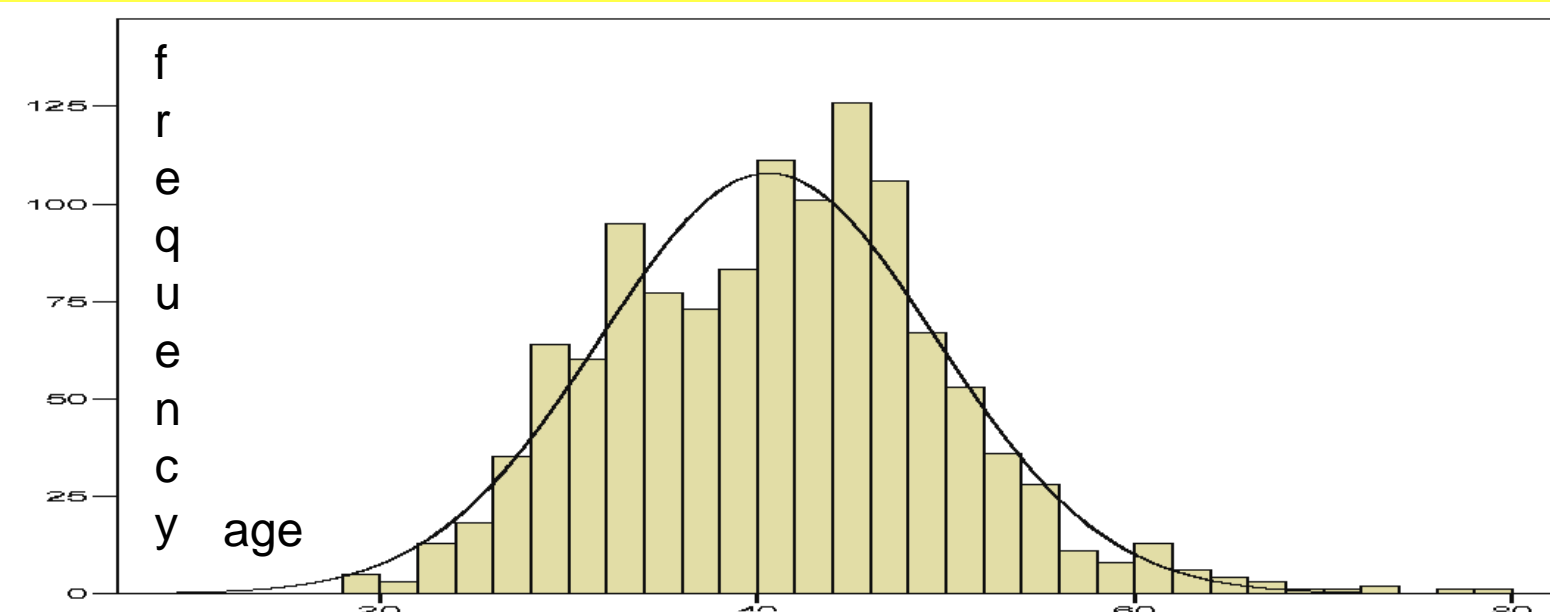
In Austria, Bavaria and Switzerland about 20.000 athletes participate in long distance triathlon events every year. Up to 90% of active triathletes suffer at least one injury during their career.

METHODS:

Our e-questionnaire was sent to all members of the Austrian triathlon association and to participants of several middle and long distance events in Europe. The aim of our study was to identify risk factors concerning achillodynia (AD).

RESULTS:

- Study period between July 2011 and Feb. 2012
- 1158 participants from 43 countries
- mean age 41 years (SD = 8.1 years)



n = 1158
♂ = 990
♀ = 168
Ø age = 41 a

most common injuries in long distance triathletes among tendons of the lower extremity:

ACHILLODYNIA	n=394 / 34%
ILIO-TIBIAL FRICTION SYNDROME	n=324 / 28%
FASCIITIS PLANTARIS	n=162 / 14%

Risk factors for overuse related AD:

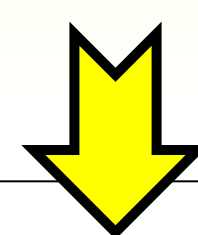
- inadequate footwear (p=0.009) n = 232 / 58 %
- former injuries at the AT or calf muscles (p=0.012) n = 162 / 41 %
- former injuries involving the ankle joint (p=0.036) n = 142 / 36 %
- leg length discrepancy (p=0.043) n = 107 / 27 %

96 % of our cases are overuse related injuries

Long time span until return to training with manifest AD (mean time 31 days)

CONCLUSION:

Due to the long injury duration specific rehabilitation programs should be accomplished to avoid chronification.



modified EdUReP-schema

week 1	week2	week3	week4	week5	week6	week7	week8	week9	week10	week11	week12
Unloading				Reloading		Reloading		Reloading		Reloading	
relative rest running rest alternative training: strength training UE swimming moderate cycling aquajogging heel pad supply all day long				relieve of heel pads during daily life running rest gain of alternative training		nordic walking with heel pads gain of cycling training eccentric calf muscle training		moderate running with heel pads on flat terrain gain of cycling training gain of eccentric calf muscle training		gain of running training return to full training coverage	
if free of pain				→		→		→		→	