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## **Insertional Achilles Tendinopathy treatment and results**

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**I**nsertional Achilles Tendinopathy (IAT) is a common pathology affecting young active population. Many factor's are associated to this condition, such overuse, increase of weight, foot deformities, use of chorticosteroids, connective tissue diseases and inflammatory disease.

All the patients are usually treated with a conservative treatment, using NSAID's (Nonsteroidal anti-inflammatory drugs), physical therapy and insoles. Surgery should be reserved for patients who fail conservative treatment for a period of 6 months. There are many surgery techniques described in litterature.

We describe 2 surgical options, both of them include debridment of peritendinous bony and soft tissue structures and resection of the upper part of the Posterior Calcaneal Prominence (PCP). The first one is a Closing Wedge Calcaneal Osteotomy (CWCO) used in case of IAT with a mild posterior prominence. The second one is applied in case of severe Haglund deformity, and is performed with detachment of the Achilles Tendon, Haglund resection and reattachment of the Achilles tendon, using Achilles Speed Bridge System (SBS) (Arthrex). With the CCWO is possible to associate a traslation of the calcaneus to correct Hyperpronation, Hypersupination or cavus foot. In 2 cases with foot iperpronation and associated big Haglund deformity, we associated the CCWO with the reattachment of the Achilles Tendon using the SBS. In the first group of patients the postoperative period is shorter, but after 6 months both group of patients restarts their previous activities.

### **Biography**

Bevoni Roberto in Bologna is a surgeon specialized in Orthopedics and Traumatology. With experience and professionalism he deals with foot and ankle pathologies. In addition to the forefoot surgery treated with traditional methods and with minimally invasive methods, Bevoni Roberto is specialized in post-traumatic pathologies of the midfoot and hindfoot, including cases with severe loss of bone substance. The doctor also deals with the treatment of the adult's flat foot, of the child and the hollow foot. Bevoni Roberto's studio is located in via di Barbiano, 1 in Bologna.

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