

Patient case: An athlete's operated painful achilles tendon with swelling and reduced range of motion

Patient: The patient is approximately 25-year-old male

Patient description: An athlete whose achilles tendon operated approximately two weeks earlier. Swelling and a reduced range of motion.

Treatment description: Central treatment and thereafter treatment focusing to the injured area. Careful attention was paid in the treatment of sole, both medial and lateral malleolus, and medial side of the knee.

Treatment result: After an approximately 30 min treatment the swelling in the ankle area had reduced by ca. 2 cm. After the treatment the active physiotherapy and training was easier.



Situation before the treatment. The ankle feels swollen and painful.



The circumference in the ankle area was reduced by two centimeters after one treatment session.

