



### Achilles Tendonitis Visit 3

#### History - MA

##### Vitals

CC: Heel Pain followup

BP

Respirations

Pulse

Ask if there is any change in medications or health status

#### All better

Continue exercises

Discontinue NSAIDs

Discuss custom orthotics

Address the cause of Achilles tendonitis to prevent return

Deposit medication where the inflammation is

#### Some better

Traumeel injection #2

3 cc syringe 25 gauge 1.25 inch needle  
.75 cc 1% Lidocaine plain .75 cc Marcaine  
1 ampule Traumeel to 3 cc

Continue NSAID

Continues improvement

Follow up in two weeks

#### No better

Short leg walker

Immobilize and rest tendon

MRI order

Rule out partial tendon rupture

Follow up in two weeks