

“It’s disappointing and it’s pretty frustrating, because it feels like it’s something that will never go away.”



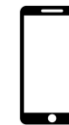
A qualitative study exploring individuals’ beliefs and experiences of Achilles tendinopathy

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Clinicians need to **recognise and adopt** treatment approaches that embrace a more **biopsychosocial approach** for the management of tendinopathy.

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Exploring the lived experience...

Background

Achilles tendinopathy is common and often persistent.

“I think it restricts me in a lot of things I would be able to do”

Purpose

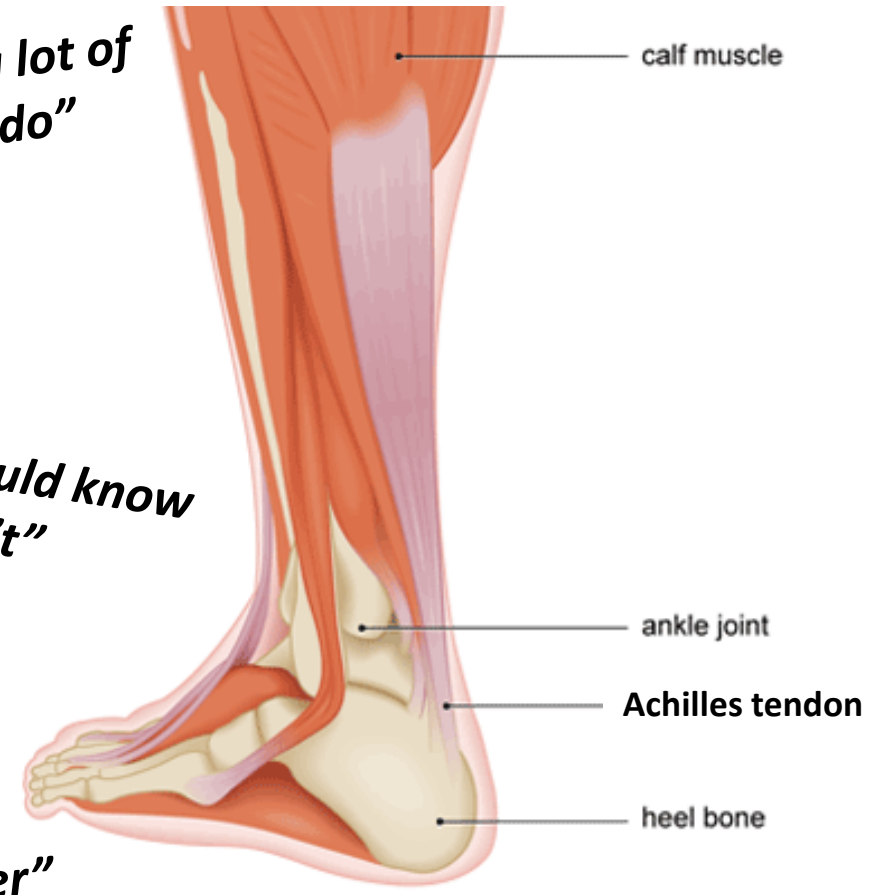
Exploring the lived experiences, impacts and perceptions of individuals via semi-structured telephone interviews to complete a qualitative study.

“I feel like I should know more, but I don’t”

Methods

Semi-structured interviews were conducted on 15 participants (8 male and 7 female) with AT. Thematic analysis was performed and the study reported in accordance with the consolidated criteria for reporting qualitative research (COREQ) checklist.

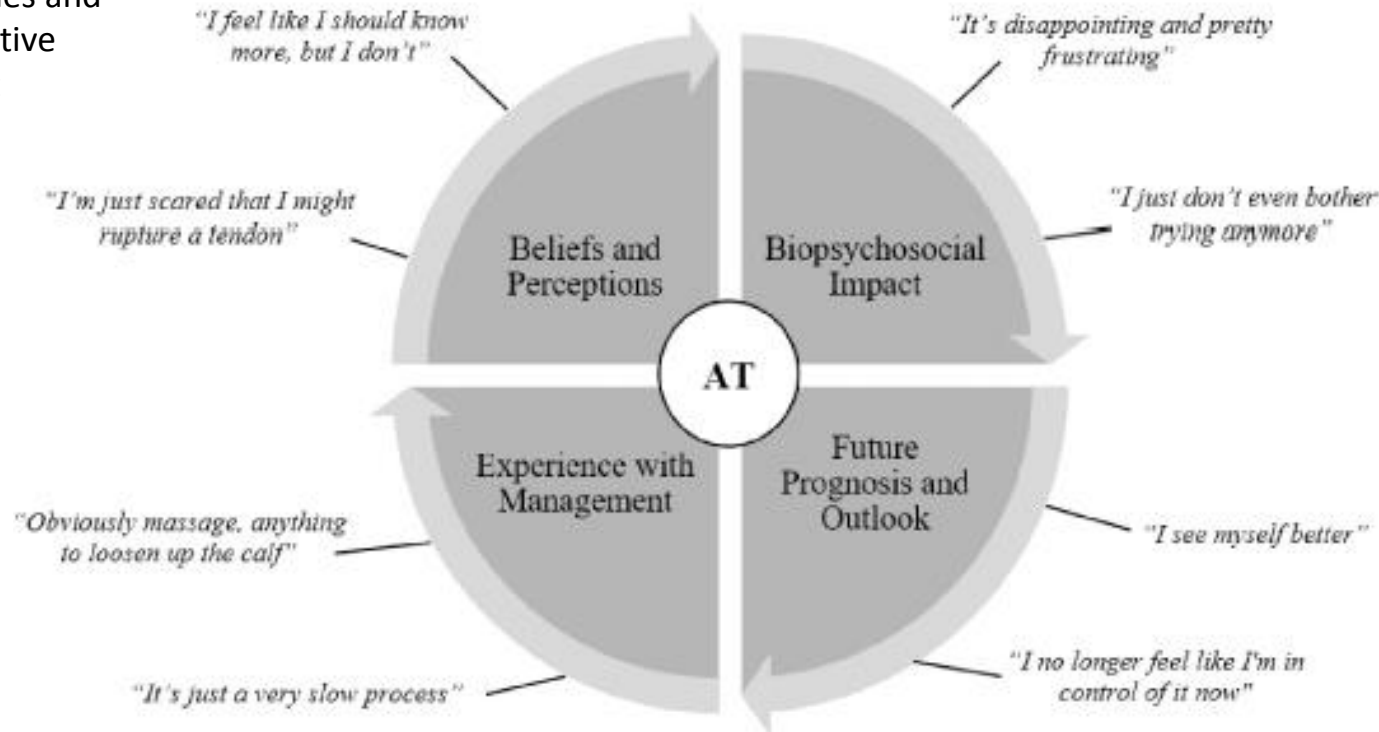
“I see myself better”



The Achilles tendon
Figure 1. Achilles tendon, 2015. Sourced: <http://www.opnews.com/2015/12/treatment-options-for-chronic-achilles-tendon-disorders-2/11808>

Four main themes were identified from the data

Main themes and representative participant quotes.



Results from this study add to an emerging body of evidence highlighting the substantial fears, frustrations and impact on quality of life and daily functioning in individuals with tendinopathy.

These four main themes (beliefs and perceptions, biopsychosocial impact, experience with management and future prognosis and outlook) emphasize the need for clinicians to address psychosocial factors in Achilles tendinopathy.