

# Is Achilles tendinopathy pain education with or without exercise, more effective than usual care, in improving pain cognitions in those with midportion Achilles tendinopathy? A pilot and feasibility study

ACTRN12625000462482

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<b>Status</b>	RECRUITING
<b>Sponsor</b>	University of Canberra Research Institute for Sports and Exercise
<b>Enrollment</b>	45 participants

## Plain Language Summary

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Achilles tendinopathy is persistent pain and reduced function in the Achilles tendon — the large tendon connecting the calf muscles to the heel. It is common in both athletes and non-athletes, and for roughly one in five people the pain continues for years despite treatment. Much of the focus in managing this condition has been on physical rehabilitation exercises, but there is growing interest in addressing the psychological side of pain — specifically, beliefs and fears about movement that can cause people to avoid activity, which often makes things worse in the long run.

This pilot study is testing whether a pain education program specifically designed for Achilles tendinopathy — called the Achilles Tendinopathy Pain Education (ATPE) program — can help change unhelpful beliefs about pain and movement. Participants will be allocated to receive education alone, education plus exercise, or standard exercise-based care, and will be followed up to see how pain-related beliefs and symptoms change over six weeks.

You may be eligible if you are 18 or older with mid-portion Achilles tendinopathy confirmed on ultrasound that has been present for at least three months. People who have had Achilles tendon rupture, previous injections or surgery to the tendon, or physiotherapy in the last 12 weeks are not eligible. You must be able to commit to a 6-week treatment period.

## Key Eligibility Criteria

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### Inclusion (10)

- Adults over 18 years
- Clinical diagnosis of mid-portion Achilles tendinopathy based on the following criteria:
- A gradual onset of well localized pain to the Achilles tendon mid-portion that coincides with a change in loading activity and is provoked by stretch-shorten cycle loads on the Achilles such as walking, running, jumping or hopping (1)
- Reproduction of well localized pain to the Achilles tendon midportion with walking, running, calf raise or hop tasks at clinical evaluation (1, 2)
- Localized tendon pain on palpation that corresponds to region of symptoms (2)

... and 5 more (see full listing online)

### Exclusion (13)

- Non-Achilles tendinopathy presentation or coexisting musculoskeletal injury in which the Achilles tendinopathy is not the primary complaint
- Insertional Achilles tendinopathy
- Achilles tendon pain for less than 3 months
- History of Achilles tendon rupture on either side
- History of invasive procedures to the affected Achilles tendon (such as ultrasound guided procedure or any surgical intervention)

... and 8 more (see full listing online)

## Locations (1 total)

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<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12625000462482>

ACT, NSW, Australia

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