

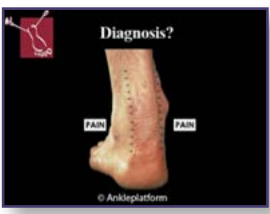
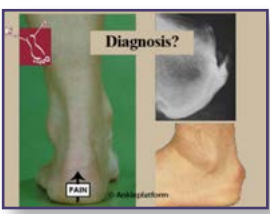

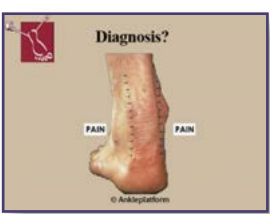


## Appendix I. The 6 cases surgeons were asked to review.

CASE #	IMAGE AND DESCRIPTION	CASE PRESENTATION	DIAGNOSIS
<p><b>Case 1</b></p>	 <p>The photo on the left shows the location of the pain in a normal ankle. The photos on the right show the pathology.</p>	<ul style="list-style-type: none"> <li>• 40-year-old male.</li> <li>• Pain over his right Achilles tendon, which impairs his activity.</li> <li>• Painful localized fusiform swelling of the Achilles tendon located 6 cm proximal to the insertion onto the calcaneus.</li> <li>• X-ray shows deviation of soft tissue contours.</li> <li>• Ultrasound showed a larger tendon than normal (in cross-sectional area and antero-posterior diameter). There were hypoechoic areas within the Achilles tendon and increased tendon vascularity (mainly in the ventral peritendinous area).</li> </ul>	<p>Mid-portion Achilles tendinopathy</p>
<p><b>Case 2</b></p>	 <p>The photo on the left shows the location of the pain in a normal ankle. The photos on the right show the pathology.</p>	<ul style="list-style-type: none"> <li>• 30-year-old female.</li> <li>• Posterolateral heel pain on the right side (worsens with shoes with rigid posterior portion).</li> <li>• Visible, painful and solid swelling with discoloration of the skin located at the posterolateral calcaneus.</li> <li>• X-ray shows no abnormality.</li> <li>• Ultrasound showed fluid between the skin and the Achilles tendon.</li> </ul>	<p>Superficial calcaneal bursitis</p>
<p><b>Case 3</b></p>		<ul style="list-style-type: none"> <li>• 32-year-old male.</li> <li>• Since 4 days edema and hyperemia around the midportion Achilles tendon on the left side.</li> <li>• Redness and swelling of the skin over the full length of the Achilles tendon.</li> <li>• On palpation there are crepitations.</li> <li>• X-ray shows no abnormalities.</li> <li>• Ultrasound showed a normal Achilles tendon with a circumferential hypoechoic halo.</li> </ul>	<p>Acute Achilles paratendinopathy</p>
<p><b>Case 4</b></p>	 <p>The photo on the left shows the location of the pain in a normal ankle. The photos on the right show the pathology.</p>	<ul style="list-style-type: none"> <li>• 60-year-old male.</li> <li>• Stiffness and pain on the posterior aspect of the calcaneus on the left foot.</li> <li>• Painful Achilles tendon insertion at the mid-portion of the posterior aspect of the calcaneus with visible swelling</li> <li>• X-ray shows calcaneal bone spur at the insertion of the Achilles tendon.</li> </ul>	<p>Insertional Achilles tendinopathy</p>
<p><b>Case 5</b></p>	 <p>The photo on the left shows the location of the pain in a normal ankle. The photos on the right show the pathology.</p>	<ul style="list-style-type: none"> <li>• 35-year-old female patient.</li> <li>• Painful swelling superior to the calcaneus of the left foot.</li> <li>• Painful soft tissue swelling, medial and lateral to the Achilles tendon at the level of the posterosuperior calcaneus.</li> <li>• X-ray shows bony prominence of the posterosuperior calcaneus.</li> <li>• Ultrasound showed fluid in the retrocalcaneal area (hyperechoic).</li> </ul>	<p>Retrocalcaneal bursitis</p>
<p><b>Case 6</b></p>		<ul style="list-style-type: none"> <li>• 39-year-old male.</li> <li>• Since one year exercise-induced pain around the midportion Achilles tendon of the left foot.</li> <li>• Minimal swelling and some crepitations around the midportion Achilles tendon.</li> <li>• X-ray shows no abnormalities.</li> <li>• Ultrasound shows thickened hypoechoic paratenon and the echo-Doppler shows increased tendon vascularity (mainly in ventral peritendinous area).</li> </ul>	<p>Chronic Achilles paratendinopathy</p>