TITLE OF RESEARCH PROJECT:
Safety of ultrasound-guided tenotomy for Achilles tendinopathy and feasibility of a standardized ultrasound imaging protocol, a multi-site study

Clinical Problem:
Individuals with chronic Achilles tendinopathy (AT) experience pain and stiffness that limits ability to work and participate in sport and recreational activities. Athletes can become so limited in their ability to train and compete that some must retire from sport. Physical therapy is recommended as the first line intervention, yet 20 to 40% of patients with AT continue to have pain after conservative management.

What is known?
Patients with persistent tendinopathy pain may seek traditional invasive treatment options, such as an open or endoscopic operative procedure. Ultrasound Guided Tenotomy (USGT) is a micro-invasive technique that has recently emerged as an alternative treatment option to debride tendon pathology with lower costs and time off work and sport compared to traditional operative procedures.

What is not known?
Patients, clinicians, and payors need data on the safety and effectiveness of novel treatment options for Achilles tendinopathy to contribute to informed care decisions. These 2 study aims provide needed pilot data on safety and feasibility in preparation for an NIH R34 application to support a multi-site clinical trial.

Aim 1. Determine safety of USGT by describing the rate and types of USGT-related complications at the Achilles utilizing a prospective multi-site observational study and retrospective chart review.

Aim 2. Demonstrate the feasibility of an RCT at each site by quantifying the patient volume per year treated with USGT for AT and capture rate of standardized outcomes.

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