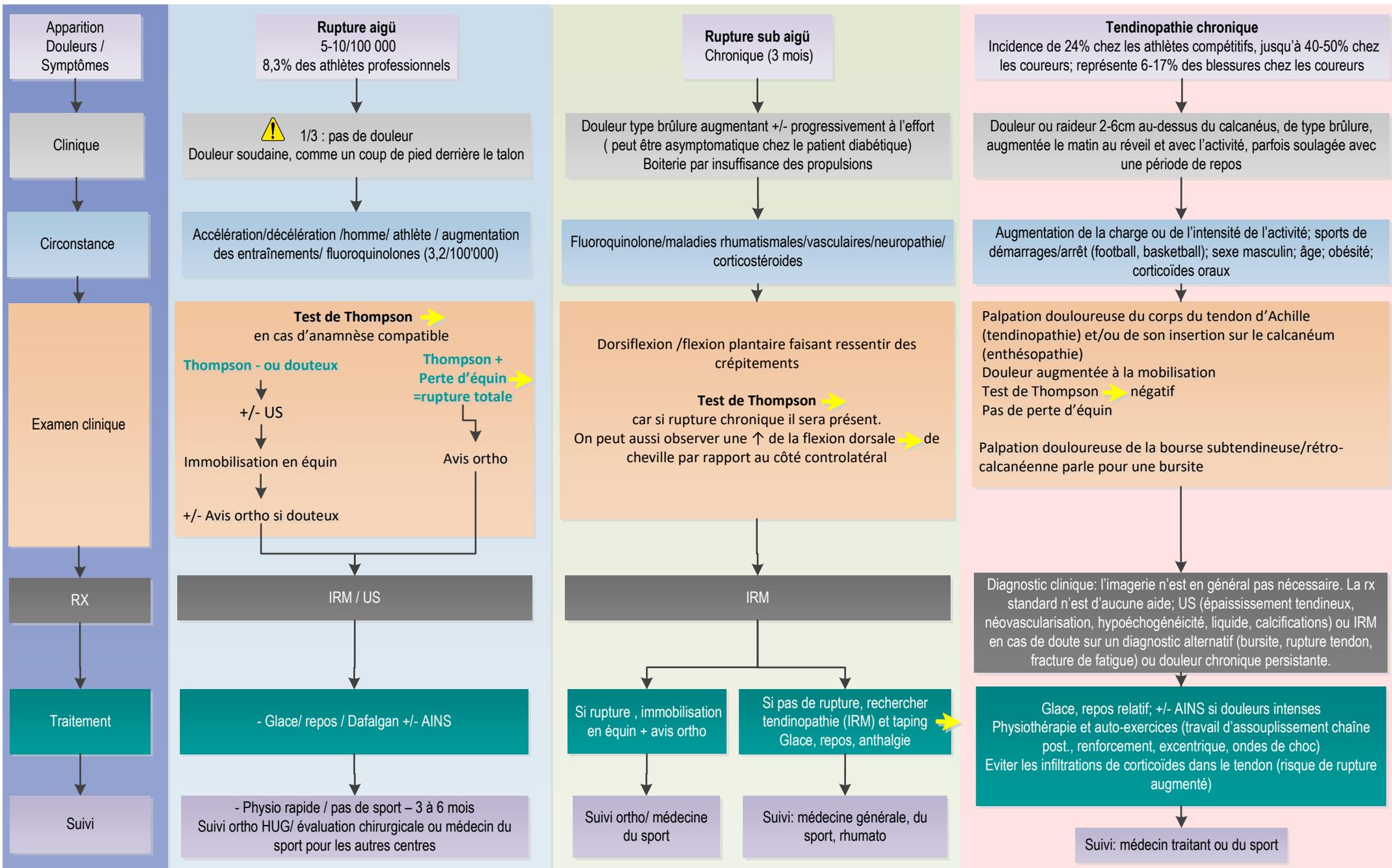


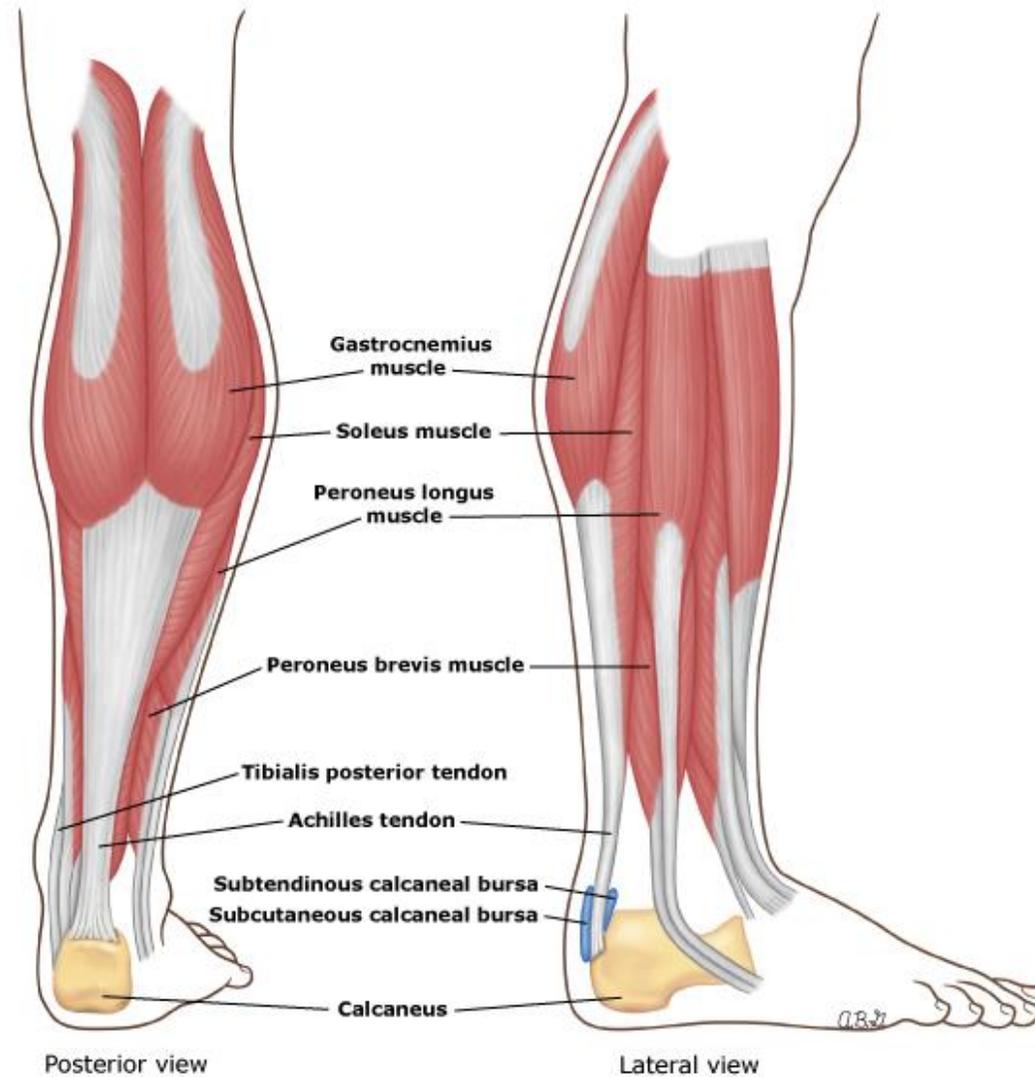
Cet algorithme décisionnel ne se substitue pas au jugement clinique.





Retour tendon  
d'Achille

## Anatomy of the Achilles tendon and superficial posterior calf muscles



Note that the subtendinous bursa is also referred to as the retrocalcaneal bursa.



## Achilles tendon taping



Athletes or others recovering from an Achilles tendon strain may benefit from additional support, such as that described here, while resuming activity:

(A) Apply anchors.

(B) Apply three to five strips in an X pattern from distal to proximal anchor.

(C) Check that dorsiflexion is appropriately limited (ie, does not extend to range that provokes pain).

(D) Re-anchor the X distally and proximally.

(E-F) Apply a figure eight and heel locks.

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## *Perte d'équin physiologique*

