

Referenceliste til artikel i Dansk Sportsmedicin nr. 1/2007:

Idrætsskader i achillessenen - ætiologi, diagnostik og behandling

af læge, PhD-studerende Morten Illum Boesen, Parker Institutet, Frederiksberg Hospital

1. Lysholm J, Wiklander J. Injuries in runners. *Am J Sports Med* 1987; 15(2):168-171.
2. Jozsa L, Kvist M, Balint BJ, Reffy A, Jarvinen M, Lehto M et al. The role of recreational sport activity in achilles tendon rupture. A clinical, pathoanatomical, and sociological study of 292 cases. *Am J Sports Med* 1989; 17(3):338-343.
3. Astrom M, Gentz CF, Nilsson P, Rausing A, Sjoberg S, Westlin N. Imaging in chronic achilles tendinopathy: a comparison of ultrasonography, magnetic resonance imaging and surgical findings in 27 histologically verified cases. *Skeletal Radiol* 1996; 25(7):615-620.
4. Paavola M, Paakkala T, Kannus P, Jarvinen M. Ultrasonography in the differential diagnosis of achilles tendon injuries and related disorders. A comparison between pre-operative ultrasonography and surgical findings. *Acta Radiol* 1998; 39(6):612-619.
5. Movin T, Guntner P, Gad A, Rolf C. Ultrasonography-guided percutaneous core biopsy in achilles tendon disorder. *Scand J Med Sci Sports* 1997; 7(4):244-248.
6. Movin T, Gad A, Reinholt FP, Rolf C. Tendon pathology in long-standing achillodynia. Biopsy findings in 40 patients. *Acta Orthop Scand* 1997; 68(2):170-175.
7. Ohberg L, Lorentzon R, Alfredson H. Neovascularisation in achilles tendons with painful tendinosis but not in normal tendons: an ultrasonographic investigation. *Knee Surg Sports Traumatol Arthrosc* 2001; 9(4):233-238.
8. Lo IK, Kirkley A, Nonweiler B, Kumbhare DA. Operative versus nonoperative treatment of acute achilles tendon ruptures: a quantitative review. *Clin J Sport Med* 1997; 7(3):207-211.
9. Kvist M. achilles tendon injuries in athletes. *Sports Med* 1994; 18(3):173-201.
10. Archambault JM, Wiley JP, Bray RC. Exercise loading of tendons and the development of overuse injuries. A review of current literature. *Sports Med* 1995; 20(2):77-89.
11. Alfredson H, Lorentzon R. Chronic achilles tendinosis: recommendations for treatment and prevention. *Sports Med* 2000; 29(2):135-146.
12. Clement DB, Taunton JE, Smart GW. achilles tendinitis and peritendinitis: etiology and treatment. *Am J Sports Med* 1984; 12(3):179-184.
13. Galloway MT, Jokl P, Dayton OW. achilles tendon overuse injuries. *Clin Sports Med* 1992; 11(4):771-782.
14. Khan KM, Cook JL, Bonar F, Harcourt P, Astrom M. Histopathology of common tendinopathies. Update and implications for clinical management. *Sports Med* 1999; 27(6):393-408.
15. Jarvinen M, Jozsa L, Kannus P, Jarvinen TL, Kvist M, Leadbetter W. Histopathological findings in chronic tendon disorders. *Scand J Med Sci Sports* 1997; 7(2):86-95.
16. Khan KM, Cook JL, Kannus P, Maffulli N, Bonar SF. Time to abandon the "tendinitis" myth. *BMJ* 2002; 324(7338):626-627.
17. Almekinders LC, Temple JD. Etiology, diagnosis, and treatment of tendonitis: an analysis of the literature. *Med Sci Sports Exerc* 1998; 30(8):1183-1190.
18. Newman JS, Adler RS, Bude RO, Rubin JM. Detection of soft-tissue hyperemia: value of power Doppler sonography. *AJR Am J Roentgenol* 1994; 163(2):385-389.
19. Koenig MJ, Torp-Pedersen S, Qvistgaard E, Terslev L, Bliddal H. Preliminary results of colour Doppler-guided intratendinous glucocorticoid injection for achilles tendonitis in five patients. *Scand J Med Sci Sports* 2004; 14(2):100-106.

20. Fredberg U. Local corticosteroid injection in sport: review of literature and guidelines for treatment. *Scand J Med Sci Sports* 1997; 7(3):131-139.
21. Fredberg U. Tendinopathy--tendinitis or tendinosis? The question is still open. *Scand J Med Sci Sports* 2004; 14(4):270-272.
22. Movin T, Gad A, Reinholt FP, Rolf C. Tendon pathology in long-standing achillodynia. Biopsy findings in 40 patients. *Acta Orthop Scand* 1997; 68(2):170-175.
23. Kjaer M, Langberg H, Miller BF, Boushel R, Cramer R, Koskinen S et al. Metabolic activity and collagen turnover in human tendon in response to physical activity. *J Musculoskelet Neuronal Interact* 2005; 5(1):41-52.
24. Astrom M, Westlin N. No effect of piroxicam on achilles tendinopathy. A randomized study of 70 patients. *Acta Orthop Scand* 1992; 63(6):631-634.
25. Jozsa L, Kannus P. Histopathological findings in spontaneous tendon ruptures. *Scand J Med Sci Sports* 1997; 7(2):113-118.
26. Welsh RP, Clodman J. Clinical survey of achilles tendinitis in athletes. *Can Med Assoc J* 1980; 122(2):193-195.
27. Alfredson H, Pietila T, Jonsson P, Lorentzon R. Heavy-load eccentric calf muscle training for the treatment of chronic achilles tendinosis. *Am J Sports Med* 1998; 26(3):360-366.
28. Sandmeier R, Renstrom PA. Diagnosis and treatment of chronic tendon disorders in sports. *Scand J Med Sci Sports* 1997; 7(2):96-106.
29. Kjaer M. Role of extracellular matrix in adaptation of tendon and skeletal muscle to mechanical loading. *Physiol Rev* 2004; 84(2):649-698.
30. Koskinen SO, Heinemeier KM, Olesen JL, Langberg H, Kjaer M. Physical exercise can influence local levels of matrix metalloproteinases and their inhibitors in tendon-related connective tissue. *J Appl Physiol* 2004; 96(3):861-864.
31. Chen YJ, Wang CJ, Yang KD, Kuo YR, Huang HC, Huang YT et al. Extracorporeal shock waves promote healing of collagenase-induced achilles tendinitis and increase TGF-beta1 and IGF-I expression. *J Orthop Res* 2004; 22(4):854-861.
32. Rivenburgh DW. Physical modalities in the treatment of tendon injuries. *Clin Sports Med* 1992; 11(3):645-659.
33. Siebert W, Seichert N, Siebert B, Wirth CJ. What is the efficacy of "soft" and "mid" lasers in therapy of tendinopathies? A double-blind study. *Arch Orthop Trauma Surg* 1987; 106(6):358-363.
34. Alfredson H, Nordstrom P, Pietila T, Lorentzon R. Bone mass in the calcaneus after heavy loaded eccentric calf-muscle training in recreational athletes with chronic achilles tendinosis. *Calcif Tissue Int* 1999; 64(5):450-455.
35. Fahlstrom M, Jonsson P, Lorentzon R, Alfredson H. Chronic achilles tendon pain treated with eccentric calf-muscle training. *Knee Surg Sports Traumatol Arthrosc* 2003; 11(5):327-333.
36. Mafi N, Lorentzon R, Alfredson H. Superior short-term results with eccentric calf muscle training compared to concentric training in a randomized prospective multicenter study on patients with chronic achilles tendinosis. *Knee Surg Sports Traumatol Arthrosc* 2001; 9(1):42-47.
37. Ohberg L, Lorentzon R, Alfredson H. Eccentric training in patients with chronic achilles tendinosis: normalised tendon structure and decreased thickness at follow up. *Br J Sports Med* 2004; 38(1):8-11.
38. Ohberg L, Alfredson H. Sclerosing therapy in chronic achilles tendon insertional pain--results of a pilot study. *Knee Surg Sports Traumatol Arthrosc* 2003; 11(5):339-343.

39. Ohberg L, Alfredson H. Ultrasound guided sclerosis of neovessels in painful chronic achilles tendinosis: pilot study of a new treatment. *Br J Sports Med* 2002; 36(3):173-175.
40. Alfredson H, Ohberg L. Sclerosing injections to areas of neo-vascularisation reduce pain in chronic achilles tendinopathy: a double-blind randomised controlled trial. *Knee Surg Sports Traumatol Arthrosc* 2005.
41. Shrier I, Matheson GO, Kohl HW, III. achilles tendonitis: are corticosteroid injections useful or harmful? *Clin J Sport Med* 1996; 6(4):245-250.
42. Leadbetter WB. Anti-inflammatory therapy in sports injury. The role of nonsteroidal drugs and corticosteroid injection. *Clin Sports Med* 1995; 14(2):353-410.
43. Astrom M. Partial rupture in chronic achilles tendinopathy. A retrospective analysis of 342 cases. *Acta Orthop Scand* 1998; 69(4):404-407.
44. Ljungqvist R. Subcutaneous partial rupture of the achilles tendon. *Acta Orthop Scand* 1967;Suppl.
45. Fredberg U, Bolvig L, Pfeiffer-Jensen M, Clemmensen D, Jakobsen BW, Stengaard-Pedersen K. Ultrasonography as a tool for diagnosis, guidance of local steroid injection and, together with pressure algometry, monitoring of the treatment of athletes with chronic jumper's knee and achilles tendinitis: a randomized, double-blind, placebo-controlled study. *Scand J Rheumatol* 2004; 33(2):94-101.
46. Phelps D, Sonstegard DA, Matthews LS. Corticosteroid injection effects on the biomechanical properties of rabbit patellar tendons. *Clin Orthop* 1974; 100(0):345-348.
47. Tatari H, Kosay C, Baran O, Ozcan O, Ozer E. Deleterious effects of local corticosteroid injections on the achilles tendon of rats. *Arch Orthop Trauma Surg* 2001; 121(6):333-337.
48. Maffulli N, Moller HD, Evans CH. Tendon healing: can it be optimised? *Br J Sports Med* 2002; 36(5):315-316.
49. Leadbetter WB, Mooar PA, Lane GJ, Lee SJ. The surgical treatment of tendinitis. Clinical rationale and biologic basis. *Clin Sports Med* 1992; 11(4):679-712.
50. Schepsis AA, Leach RE. Surgical management of achilles tendinitis. *Am J Sports Med* 1987; 15(4):308-315.
51. Cyriax JH, Cyriax PJ. *Illustrated Manual of Orthopaedic Medicine*. London: Butterworth, 1983.
52. Haglund P. Beitrag zur klinik der achillessehne. *Z Orthop Chir* 1928; 49:49-58.