THE RELATIONSHIP OF BMI AND THE INCIDENCE OF ACHILLES TENDINOSIS: A COMPARATIVE ANALYSIS

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Disclosure

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Our disclosures are in the Final AOFAS Program Book. There are no potential conflicts with this presentation.
Etiology

• Factors
  – Increasing age
  – Biomechanics
  – Overuse
  – BMI
Achilles Tendinopathy

• “The Achilles tendon responds to repetitive overload beyond its physiological threshold by either inflammation of the sheath, degeneration of the body, or a combination of both.”
Percent of Obese (BMI > 30) in US Adults
Materials and Methods

• Retrospective chart review
  – CPT code: Achilles Tendinosis
  – Control group
    • Randomized new patients to OFA
• 197 Achilles tendon patients
• 100 Control group
Achilles Patients

- 113 male, 84 female
- $52.77 \pm 11.8$ years
  - 21-82 years
- BMI $34.69 \pm 7.54$
  - 17.9 – 75.9
Control Group

- 38 males, 62 females
- 42.74 ± 12.1 years
  - 21-78 years
- BMI 30.56 ± 7.55
  - 19.7 – 61.5
Results

• Very significant difference in age
  – 52.77 years vs 42.74 years
  • (p<0.001)

• No significant difference in BMI 34.69 – 30.56
  • (p < 0.05)
References