

Exploring the Vulnerabilities of the Achilles tendon: Anatomy, Function, and Injury Management

Felicia Bruno*

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Corresponding author: Ó:ÉÁØ^|á&æÁÓ: ~ } [ÉÁÖ^ ^ } ætc { ^ } ol [-hÚ [ááæci ~ÉhW) áç^! •íceláá^* jâÚc ~ ááááá T á]æ } [ÁÚcææ/ ^ÉÁ T á]æ } [Á T QÉÁÚcæ/ ^ ÉÁÖÉ { æá|KÁÓ: ~ } [Ì Ì | O * { æá|É& [{

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Description

The Achilles tendon, named after the Greek hero Achilles, is a

Prevention, early recognition, and comprehensive management are key elements in preserving the health and functionality of the Achilles tendon. Whether through gradual training progression, proper footwear selection, or targeted rehabilitation exercises, individuals can take proactive steps to mitigate the risk of Achilles tendon injuries.

The ongoing exploration of this tendon's complexities not only enhances our understanding of musculoskeletal physiology but also contributes to the development of effective strategies for injury prevention and rehabilitation.