

Achilles Heel Strikes Again

Nigel Lythgoe, the executive producer of several reality tv shows, tweeted on September 24th that Alex Wong, a fan favorite of "So You Think You Can Dance", has auditioned for "American Idol." Alex appeared on season 7 of "So You Think You Can Dance," but had to leave the show due to a ruptured Achilles tendon. He was due to return to the show as an All Star for season 8 but was unable as a result of rupturing his other Achilles. After his many setbacks, it would seem that Alex is a believer of the saying "third times the charm" since he is ready to give television another shot.

So, what exactly is a ruptured Achilles tendon? The Achilles tendon is composed of the tendons of both your Gastrocnemius and Soleus muscles. The most common forms of Achilles injuries are Achilles tendonitis, Achilles Tear or Achilles rupture. These injuries tend to occur in long distance runners, sprinters and middle aged individuals starting a new workout regimen. Achilles tendonitis, or inflammation of the tendon, is typically characterized as a soreness or tightness on the back of your heel. A total Achilles rupture can sometimes occur with an audible popping sound and is a debilitating injury. An Achilles tear is often difficult to discern from a rupture or inflammation. By pinching the tendon lightly between your fingers, you will be able to elicit pain suggestive of inflammation.

Treatment for these conditions include a [night cast](#) to passively stretch the tendon, orthotic shoe inserts for patients with a pronated foot type, [K-laser therapy](#) (a non-invasive, pain free therapy) to stimulate tissue regrowth and healing, and as a last result, surgery. It is important to seek medical care from your [podiatrist](#) for this condition, so that the injury does not progress.