

RECOVERTENDO

For Soft Tissue Injuries

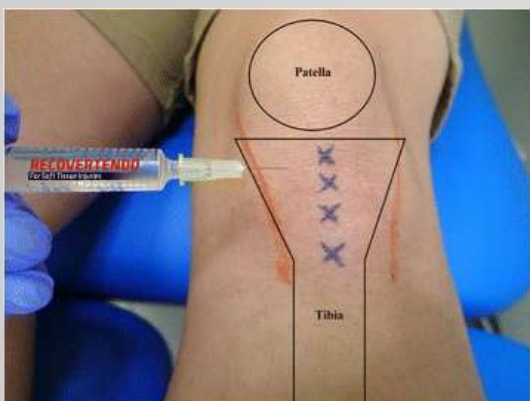
Effective and safe injections technique for management of lower limb tendinopathy and fasciopathy: Revertendo



Posterior photograph of right lower leg showing injection points most commonly used. For management of Achilles tendinopathy. The 'X' markings represent the anteromedial, posterior midline and anterolateral margins of the tendon, with orange lines demarcating the Achilles tendon. Red point are safe for peritendinous and intratendinous injection.



Plantar photograph of left foot illustrating the injection sites used. For management of plantar fasciopathy. The 'X' markings represents the medial heel site and plantar fascia used for the injections, with the orange lines demarcating the medial band of the plantar fascia



Anteroposterior photograph of knee illustrating injection points marked 'X' starting over the most distal area of pain on the tibial tuberosity and moving proximally in 1-cm increments. The orange lines represent the attachment of the patellar tendon from the patella to the tuberosity or its fragments. 'X' marks are safe for peritendinous and intratendinous injection.

