|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Patient no. | Preoperative sport | Injury Mechanism | Concomitant conditions | Prodromal symptoms (months) | Previous conservative therapy | MRI | Diagnostic delay [mths.] | Preop. pain while walking | Running impossible since (mths.) |
| Impingement partial tear | 1 | Marathon | Spontaneous | Left knee | 36 | Cortisone injections, physiotherapy, orthotics, radiotherapy, ESWT, NSAID | Longitudinal partial tear | 18 | Yes | 14 |
| 2 | Tennis, jogging | Cutting | No | 132 | ESWT, cortisone injections, physiotherapy, orthotics, radioterapy, thermocoagulation, rest | Longitudinal partial tear | 132 | Yes | 12 |
| 5 | No | Spontaneous | left ACL reconstruction (5 y. ago), right AT rupture (12 y. ago), hyperuricemia, Hashimoto thyreoiditis, blood group 0 | 48 | N.s. | N.s. | 48 | Yes | N.a. |
| 6 | Ballett | Spontaneous | left hip endoprosthesis | 6 | N.s. | Retrocalcaneal bursitis, insertional tendinopathy | 6 | Yes | 0 |
| 8 | Tennis, jogging | Spontaneous | No | 25 | Cortisone injections, physiotherapy, sport reduction | N.p. | 25 | Yes | 0 |
| 11 | Fitness | Hopping | No | 26 | Orthotics, viscoelastic heel lift, sport reduction/rest, cortisone injections | Retrocalcaneal bursitis | 6 | Yes | 6 |
| 12 | Jogging | Spontaneous | No | 30 | Physiotherapy, stretching, ESWT | Retrocalcaneal bursitis | 7 | Yes | N.s. |
| 13 | Jogging | Spontaneous | No | 96 | Cortisone injections | N.p. | N.s. | Yes | 0 |
| 14 | Marathon | Spontaneous | No | 19 | N.s. | Partial tear | 4 | Yes | 0 |
| 15 | Marathon | Squash | AT rupture left side | 18 | Cortisone injection, ice, ESWT, physiotherapie, cream | N.s. | 12 | Yes | No |
| 18 | Marathon | Spontaneous | Surgery for left RB 3 wks. Later | 15 | Orthotics, physiotherapy, reduced running, massage, heel lift, cortisone injections | N.p. | 15 | No | 0 |
| 20 | Squash | Spontaneous | No | 180 | Orthotics, physiotherapy, reduced sport, cortisone injections | N.p. | 180 | No | 0 |
| 21 | Jogging | Spontaneous | Achilles tendinopathy contralateral side | 24 | N.s. | N.p. | 24 | Yes | N.s. |
| 23 | Tennis, jogging | Spontaneous | RB contralateral side | 24 | Cortisone injections, ESWT | N.p. | 24 | Yes | 6 |
| 25 | Jogging | Running | No | 6 | Cortisone injections, ESWT | Partial tear | 6 | Yes | 6 |
| 27 | Dancing | Spontaneous | No | 96 | N.s. | Partial tear | N.s. | Yes | N.s. |
| 28 | 400 m hurdles | Spontaneous | No | 17 | ESWT, physiotherapy, ozon therapy | Partial tear | 0 | No | No |
| 30 | Marathon | Spontaneous | No | 24 | Cortisone injections | N.p. | 24 | N.s. | N.s. |
| 31 | Tennis, jogging | Spontaneous | Osteochondral lesion med. talus | 25 | ESWT, acupuncture | Retrocalcaneal bursitis | 25 | No | No |
| 33 | Marathon | Spontaneous | AT right side | 60 | Physiotherapy, laser, acupuncture, Orthotics, ESWT, cortisone injection | N.p. | N.s. | Yes | No |
| 34 | Ju-Jutsu | Spontaneous | AT partial tear left (27 years), right (7 years) ago, conservative | 36 | Physiotherapy, cortisone injections | Retrocalcaneal bursitis | 36 | Yes | N.s. |
|  | **Mean** |  | | **44.9** |  | | **32.9** |  | **4** |
|  | SD | 43.8 | 45.8 | 5.0 |
|  | **Median** | **25** | **21** | **0** |
|  | Maximum | 180 | 180 | 14 |
|  | Minimum | 6 | 0 | 0 |
| Midportion partial tear | 1 | Volleyball | Domestic fall | No | 11 | Physiotherapy | Longitudinal partial tear | 6 | Yes | N.a. |
| 2 | Jogging | Spontaneous | CAI | 96 | Physiotherapy, stretching, rest, ESWT, orthotics | Partial tear posterior column | 3 | Yes | 3 |
| 3 | Marathon | Spontaneous | ipsilat. Peroneus lg. Tendon surgery 12 y. ago, ipsilat AT partial tear 11 y. ago | 5 | N.s. | Partial tear posterior column | 10 | No | No |
| 6 | Jogging | Spontaneous | No | 5 | NSAID, radiation, physiotherapy | Longitudinal partial tear | 4 | Yes | N.s. |
| 7 | Marathon | Spontaneous | M. Meulengracht | 132 | Injection (substance n.s.) | Partial tear | 1 | Yes | 11 |
| 8 | Tennis | 3 tear-like events | No | 12 | Physiotherapy, radiotherapy, training reduction, orthotics, ESWT, eccentrics | N.p. | 12 | Yes | 6 |
| 9 | No | 2 tear-like events (6 and 0.5 months ago) | Phäochromocytom, Hypercholesterinemia, Hypertriglyceridemia, PCL rupture contralateral | 18 | ESWT, acupuncture, 3 cortisone injections, stretching, orthotics, chiropractic | Partial tear anterior | 0 | Yes | N.s. |
| 10 | Football (professional) | Tear-like event (2 mths. ago) during football practise | No | 2 | Physiotherapy, cortisone injection, eccentrics | "Small" partial tear | 2 | No | 2 |
| 11 | Basketball | Step over a kubstone | No | 36 | Injection (substance n.s.) | Partial tear posterior column | 0 | Yes | 12 |
| 12 | Football | Spontaneous | No | 120 | Injection (substance n.s.) | Cystic posteromedial column | 6 | Yes | 6 |
| 14 | Triathlon | Tear-like event (3 mths. ago) during running | No | 120 | Rest, physiotherapy | Partial tear medial column | N.s. | Yes | 3 |
| 15 | Marathon | Tear-like event (5 mths. ago) during running | S1 lesion (26% isokinetic calf muscle deficit) | 98 | Load reduction, glucose injections, orthotics, physiotherapy, eccentrics, ESWT, ice | N.p. | 0,5 | Yes | 4,5 |
| 16 | Marathon | Spontaneous | Medial Gonarthosis and posterior instability opposite side, giant cell tumor cuboid | 60 | Eccentrics | N.p. | N.s. | Yes | 3 |
| 18 | Tennis | Spontaneous | M. Meulengracht | 15 | Load reduction | N.p. | 11 | Yes | 15 |
| 19 | Tennis | Spontaneous | No | 9 | ESWT, eccentrics, physiotherapy, orthotics | N.p. | 9 | Yes | 9 |
| 20 | Fußball | Spontaneous | No | 15 | Cortisone injections, physiotherapy | Partial tear dorsal column central | 15 | Yes | 5 |
|  | **Mean** |  | | **47.1** |  | | **5.7** |  | **6.6** |
|  | SD | 47.2 | 4.8 | 4.0 |
|  | **Median** | **16.5** | **5** | **5.5** |
|  | Maximum | 132 | 15 | 15 |
|  | Minimum | 2 | 0 | 2 |
| P impingement vs. midportion partial tear group | | | | | 0.203 |  | | **0.001** |  | 0.078 |

**Table 1**