

Achilles tendinopathy is a painful condition formed by chronic overuse. Conservative treatment requires activity modification, heel lifts, arch supports, even immobilisation. There are often unsatisfactory results with it. The use of ESWT has recently been introduced in soft-tissue disorders including epicondylitis, plantar fasciitis, calcification of the shoulder and, as well, Achilles tendinopathy. The aim of the work was to introduce the effects of ESWT on soft tissues, types of generation and new possibilities in ESWT therapy in Achilles tendinopathy.