

## Do you have Chronic Achilles Tendinitis?

Achilles  
Tendinitis



Researchers at Brisbane's Mater Medical Research Institute (MMRI) are looking for healthy volunteers with chronic Achilles tendinitis (tendinopathy). Eligible volunteers will receive a precision guided injection of (donor) stem cells into their Achilles tendon (MMRI only uses adult stem cells in its research). Your results will be used to assess if donor stem cells are a safe and effective treatment for chronic and refractory Achilles tendinopathy.

### Can I volunteer?

In order to volunteer you will need to fulfil **all** of the following criteria:

- Age 30-75 (inclusive)
- Significant Achilles tendinopathy for at least 12 months
- Evidence of failure of usual treatments (may include surgery)
- Undergone specialist consultation or treatment
- Maximal pain in the middle part of the Achilles tendon
- Be prepared to undergo an exercise program.

### What is involved?

- A prescribed exercise program
- A local anaesthetic injection over your Achilles tendon
- An ultrasound guided injection of stem cells in to your Achilles tendon
- Follow-up exercises, further examination, blood tests and ultrasound assessments.

### What will I receive?

Participants will receive results of all investigations and careful medical supervision.

If you would like to learn more or are considering participating, please phone (07) 3163 1558 or email [achilles@mmri.mater.org.au](mailto:achilles@mmri.mater.org.au) and leave your contact details.

This study has been approved by the Mater Human Research Ethics Committee.