



Fig. E-1

Sagittal magnetic resonance image showing a large insertional exostosis, gross thickening of the Achilles tendon, and intrasubstance degeneration involving the distal 3 cm of the tendon.



Fig. E-2

Photograph showing that the flexor hallucis longus has been harvested from the midfoot in preparation for transfer. An area of severe distal Achilles tendinosis has been resected.



Fig. E-3A

Figs. E3-A through E3-C The Achilles tendon turndown procedure is performed in conjunction with flexor hallucis longus transfer. **Fig. E3-A** A central one-third Achilles tendon turndown has been done to span the Achilles tendon defect. The flexor hallucis longus has been passed through convergent bone tunnels in the posterior calcaneus.



Fig. E3-B

The turned-down segment of the Achilles tendon has been fixed to the calcaneus with use of suture anchors. The flexor hallucis longus is shown coursing back proximally out of the calcaneal bone tunnel.



Fig. E3-C

The turned-down segment of the Achilles tendon has been tubularized around the flexor hallucis longus tendon.