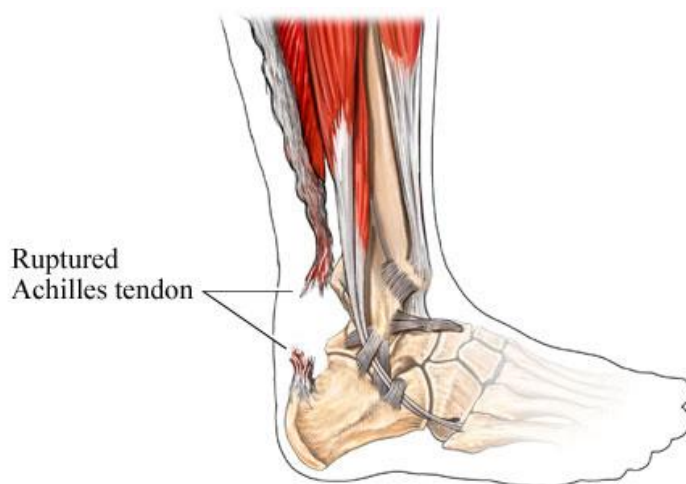


Achilles Tendon Rupture

An achilles tendon rupture is a complete tear (partial tears are rare). A common description of the injury is the person feels like they were hit or kicked in the back of the leg. It is most common in males over 30 years old, in most cases there has been a progressive degeneration within the tendon that has weakened its structure and predisposed it to rupture. Interestingly, about 70% of those who rupture report never having felt pain in their Achilles prior to the injury.



There are 2 options available which are surgery treatment and conservative treatment (non-surgery). If you decide to have surgery, the ideal time is 5-7 days after the injury so that the tendon doesn't retract too much and makes it a lot easier to repair. An orthopaedic referral is necessary for this option.

If conservative treatment is a better option, then you are in a non-weightbearing fibreglass plaster in a plantarflexed position (toes pointed), to allow the torn ends to re-attach for approximately 4-6 weeks.

	Surgery	Non-Surgery
Repair Strength	Strong	Weak
Re rupture rate	2%	18%
Complication rate	High	Low
Return to Sport	Yes	Uncertain
Recovery time	6-8 months	18-24 months