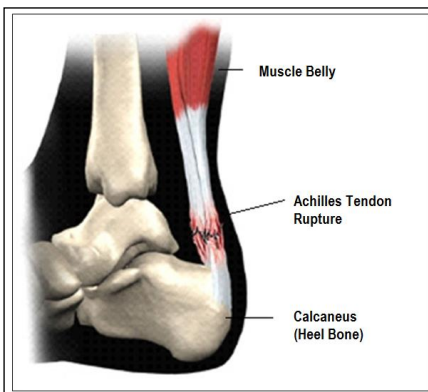


This is additional information about Achilles Tendon Rupture and its management.

**You have sustained a rupture to your Achilles tendon.**



**Healing:** This normally takes approximately **9-12** weeks to heal.

**Pain and swelling:** The swelling is often worse at the end of the day and keeping the leg elevated will help. Pain and swelling can be ongoing for three- six months.

Take painkillers as required (always read the label; do not exceed the recommended dose).



### Using your Ankle:

You should use your Vacoped Boot for 8 weeks (Will be provided at your first Orthopaedic clinic consultation).

You can full weight bear as tolerated in the boot

### Follow up:

You will be seen by a Foot and Ankle consultant or a member of his team in the clinic. During this visit you will be given instructions regarding usage of the VACOPED boot and the treatment protocol and your progress will be serially monitored. You will be followed up @ 4, 6 and 8 weeks after your first consultation.

### What is Vacoped Boot and why do I need it?

- ✓ The Vacoped boot has a solid plastic shell with a soft liner containing a vacuum cushion. By removing the air from the vacuum your lower leg will be kept in the desired position to enable the injured tendon to repair. Over a period of 8 weeks in the boot you will be able to adjust the angle in which your ankle will be held to gradually return them to a standing position. You will start with a heeled sole on the boot and progress to a flat sole. Your boot will be fitted by the Orthopaedic staff and you will be given full instructions on how and when to adjust the angles post injury and how to remove or change the sole of the boot.

### Please follow the management plan below.

#### What to expect:

Weeks since injury	Rehabilitation plan
0-4	<ul style="list-style-type: none"> <li>✓ Wear VACOPED boot with ankle Locked at 30 degree plantar flexion all the time, including at night.</li> <li>✓ Bear weight through your foot as tolerated when you walk.</li> <li>✓ Remove the boot once a day to wash your foot</li> <li>✗ Don't stretch your calf muscle (see instructions that follow).</li> </ul>
4-6	<ul style="list-style-type: none"> <li>✓ Boot Dynamised to move from 30 to 15 degree Plantar flexion.</li> </ul>
6-8	<ul style="list-style-type: none"> <li>✓ Boot Dynamised further from 30 to 0 degree Plantar flexion</li> </ul>
@ 8 week	<ul style="list-style-type: none"> <li>✓ Weaning of the boot and discharge to Physiotherapy</li> </ul>

### When should I remove the boot?

You will need to wear the boot for a period of 8 weeks. You can remove it for hygiene needs ( **not more than once a day**) but must not put any weight through your foot with the boot removed and in the first two to three weeks should not move your ankle at all when not wearing the boot. You must sleep in the boot but the sole can be removed at bedtime. After approximately 8 weeks you will be reviewed in an Orthopaedic clinic and assessed clinically for tendon healing and discharged to Physiotherapy. You will continue your rehabilitation under the guidance of the Physiotherapists with the aim of strengthening the tendon and reducing the risk of re-rupture.

### Boot advice

**Diabetic patients:** If you are diabetic, please contact us to discuss your boot. This is particularly important if you have problems with your skin. We may provide you with a specialist diabetic boot.

**Footwear for your uninjured foot:** We would recommend choosing a supportive shoe or trainer with a firm sole for your uninjured foot. You will notice that the boot you have been given has a thicker sole, by matching this height on the uninjured side you will reduce stress on other joints.

If you have not received this appointment within one week of receipt of this letter, please contact the fracture clinic on 01384 456111 ext. 2220. You have also been referred to your local physiotherapy service. They will contact you to make an initial appointment for 8 weeks after injury. This is when your rehabilitation can start. If you do not hear anything within this timeframe, please contact your local department directly.

If you are worried that you are unable to follow this rehabilitation plan, or have any questions, please phone the Fracture Care Team for advice. If you are experiencing pain or symptoms, other than at the site of the original injury or surrounding area, please get in touch using the telephone or e-mail details at the top of this letter.

Yours Sincerely  
Virtual Fracture Clinic

cc. Physiotherapy for appointment at 8-10 weeks post commencement of the VACOPED treatment .

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