

Case Study - Achilles Tendon Rupture

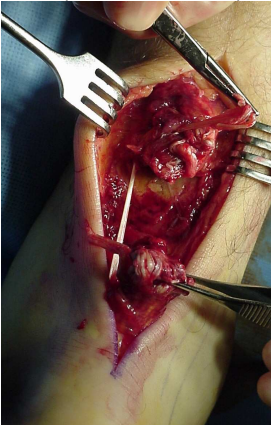
Patient is a 30yr old male who felt a painful pop in back of leg during a routine jog. Patient is unable to bear weight on that foot.



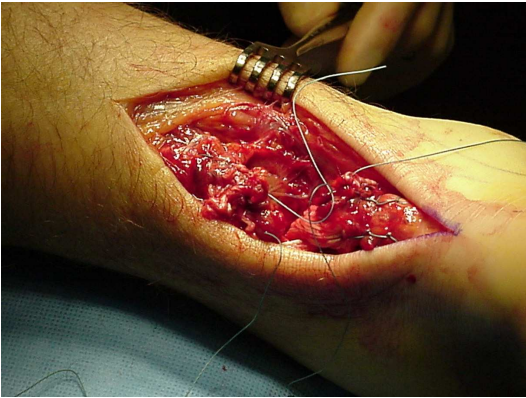
Here you can see the injury on the right heel region. There is bruising on both sides of the heel and you cannot visualize the tendon like you can on the left leg.

This patient has a complete rupture of the Achilles tendon. Patients will often tell us that it felt like someone hit or kicked them in the back of the heel. Although this patient was unable to bear weight, some patients are able to walk after these injuries.

Surgical repair of the torn tendon is recommended for most patients for optimal outcome. This patient had a primary repair of the torn tendon as seen below.



Surgical instruments hold the two ends of the tendon that was ruptured.



The repair is performed by sowing the ends together with very strong suture



The final repair shows an intact Achilles tendon

This patient was non-weight bearing for 4-6 weeks, then transitioned to a weight bearing boot for an additional 2-4 weeks. The patient was sent to physical therapy for Achilles strengthening about 6 weeks after surgery. Although weakness will persist for some time following surgery, not repairing a ruptured tendon may result in profound indefinite weakness.

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