Royal Berkshire **NHS**

NHS Foundation Trust

Achilles tendon rupture

- You have torn a strong tendon at the back of your ankle that connects your calf muscles to the heel.
- We are managing your injury using functional bracing which has been shown to have a similar success rate as surgery without the potential complications involved.
- Functional bracing is the use of a brace (cast device) that holds your leg in a set position to allow healing of the tendon while allowing you to function as normal.
- You will follow a set regime that involves initially being in a plaster in 'equinus' position (foot pointing downwards) followed by the use of a specialised boot.
- You may briefly bear your weight on your toes while you have the plaster but are encouraged to fully bear your weight on your whole foot when you have the boot.
- You will visit Fracture Clinic for regular skin care appointments and to progress to rehabilitation when ready (the boot will be adjusted so that you will be able to move your ankle) in the end half of your treatment.
- The plaster and boot should be worn at all times, including in bed, to ensure that your tendon is protected throughout the healing process.
- Your total treatment time will be approximately 9 weeks.
- You will have a risk assessment for venous thromboembolism (leg clot) and if you are felt to be at risk you will usually be given blood thinning injections (Tinzaparin) for 6 weeks.
- At the end of the rehabilitation stage, you will be referred for physiotherapy.
- It may take several months for your symptoms to completely settle.
- You will have a final follow-up appointment after 4 months.
- If you have any queries or concerns please call the Fracture Clinic for further advice.

If you have any worries or concerns following discharge from hospital, please contact: Fracture Clinic on **0118 322 7553** (**10am-5pm, Monday to Friday**).

Friends & Family Test: While you are in hospital please spare a few moments to answer one question 'Would you recommend our service to family and friends if they required similar care or treatment?' by filling in the card you have been given.