

# Patient Information Sheet

## - Achilles Tendon Rupture

### *What do I need to know?*

### What is my diagnosis?

You have ruptured your Achilles tendon. The treatment involves wearing an Aircast boot for 8 weeks. You can walk in this boot. Wear the boot day and night. You must keep it completely dry. The boot holds your foot in a toes-down position so that the ruptured ends of the tendon come together at the back of your heel. **It is very important** that you do not try moving your foot out of the set position until the treatment is completed or you may tear the tendon ends apart before they are healed. We will see you in **fracture clinic in 1 week** to confirm the diagnosis and to check your boot.

### What do I do with the wedges?

- **Week 0-4:** Leave all 4 wedges in the boot
- **Week 5:** remove 2 of the 4 wedges from your boot
- **Week 7:** remove all the remaining wedges in your boot
- Keep wearing the boot until 9 weeks after injury

### What do I do after 9 weeks?

- Take the boot off completely
- Stop the blood thinner injections (if you are taking them)
- You may still want to use the boot for going outside the home for a couple of weeks until you have regained some confidence and balance
- Begin **EXERCISES 1 & 2**. Complete 10 repetitions x3 per day.
- Progress to **EXERCISES 3-6** over the next 4 weeks.

### WHAT TO DO WITH THE WEDGES IN THE BOOT?

WEEKS 0-4



4 WEDGES

WEEKS 5-6



2 WEDGES

WEEKS 7-8



0 WEDGES

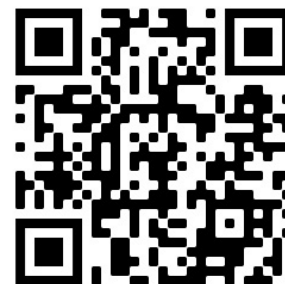
(SEE QR CODE OVERLEAF)

### KEY EXERCISES



Scan the QR code or follow this link to watch a video on how to remove your wedges

<https://youtu.be/3AQ4Uo-wWRo>



### Useful phone numbers

ERI: 0131 5361000

SJH: 01506 523000

Waiting list office: 0131 2423437

# Patient Information Sheet - Achilles Tendon Rupture

## What do I need to know?



### What will my recovery be like?

- The back of your ankle/calf will be painful but it should be tolerable while it is secure in the aircast boot with normal sensation in your toes
- Simple pain killers such as paracetamol and ibuprofen should be sufficient to manage your pain
- Crutches will be useful for stability
- **Elevate your leg** above the level of your heart when you are at home to reduce swelling
- Keep your boot **completely dry**. If you suspect the skin on your heel is rubbing or sore, please call the advice line number below

### Deep Vein Thrombosis (DVT) Prophylaxis

You will be asked today whether you would like to have injections to try to minimise the risk of a blood clot in your leg or your lungs. If you do, we will give you a ten day supply. When you are **seen in fracture clinic in 1 week** we will check that you are getting on well and discuss whether you want to continue your DVT prophylaxis. If you do, we will give you a further supply of injections.

### Do I need physiotherapy?

When we see you in clinic, you will get assessed by one of our physiotherapists and given advice on exercises to help your tendon recover.

You can start the exercises overleaf from **week 9 onwards**.

### Do I need to have surgery?

Most patients with Achilles tendon ruptures which are managed in a boot like this, heal without future problems. However, occasionally the tendon does not heal correctly or it re-ruptures later with another injury. Where this is the case, you may need surgery to repair the tendon. Please email our advice line if you are concerned.

### Getting in Touch

Please get in touch via our trauma email: [traumaenquiriesRIE@nhslothian.scot.nhs.uk](mailto:traumaenquiriesRIE@nhslothian.scot.nhs.uk)

If you do not receive a reply from this email after 3 working days please use the helpline in hours (8am-5pm): **0131 242 3410**

Please call the Minor Injuries Unit 0131 242 3942 (out of hours) for any **urgent issues**, for example:

- There is a sudden, severe, constant increase in the pain
- The boot feels very tight and constricting with increased swelling of the toes and/or pain or rubbing or damage to the skin on the heel or foot

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