

Achilles Tendon Injury

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Inverness

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Orthopaedic Department

You have been assessed and diagnosed with an injury to your Achilles tendon.

This is the tendon that lies at the back of your ankle and it connects your calf muscle to your heel as can be seen in the illustration.



Management:

Most injuries of the Achilles Tendon can be treated successfully without an operation.

When you attended A&E you will have had your ankle put into a cast with your foot pointing downwards. This foot position is to allow the ends of the injured tendon to be brought together and to allow the tendon to repair.

You will be in this cast for 2-3 weeks. Whilst in the cast you will not be allowed to take any weight on that foot and you should be walking small distances only using crutches or a walking frame.

At your review your cast may be changed for a Velcro boot with three wedges in the boot. Every 10 days one wedge should be removed until you are flat in the boot. When walking with the boot on you can take some weight through your foot but you should still only be walking small distances and using your crutches. You should continue to elevate your foot (foot above knee above hip) to minimise the swelling.

Instructions:

The boot can be removed for washing but:

- **Do not take weight through your foot** when out of the boot.
- When sitting in the shower or bath place something under your heels so that **your foot does not go flat on floor.**
- When the ankle is out of the boot, **do not make any big upward movements of the foot** but wiggling of the toes and small movements of the ankle are permitted.

After removal of all wedges you will be in your boot flat for 10 days. You can then start to wean from the boot and walk as normally as you are able to with or without the crutches. You can also start gentle active ankle exercises. Following your final assessment you will be referred to the Physiotherapy Department to start your rehabilitation.