

Non-operative functional therapy Achilles tendon rupture

(Decision algorithm based on ultrasound assessment)

Initial assessment:

Full tendon contact in maximal 20° ankle plantar flexion?

YES (90%)

Vacoped Achill® 30° ankle plantar flexion
Ambulate with crutches with non weight bearing
DVT prophylaxis (Heparin)

NO (10%)

Operative therapy indicated

Day 3:

Full tendon contact in maximal 20° ankle plantar flexion?

YES

Vacoped Achill® 30° ankle plantar flexion
Remove only for personal hygiene with help
Keep ankle ALWAYS in Equinus without orthosis
Full weight bearing and physiotherapy (**Leaflet**)
DVT prophylaxis (Heparin)

NO

Non-operative therapy failed
Operative therapy indicated

Day 28, 4 Weeks

Full tendon contact in maximal 20° ankle plantar flexion?

YES

Vacoped Achill® 15° ankle plantar flexion
Orthosis wear at daylight, cave: toilet at night
Full weight bearing and physiotherapy (**Leaflet**)
DVT prophylaxis (Heparin)

NO

Non-operative therapy failed
Operative therapy indicated

8 Weeks

Full tendon contact in neutral ankle position?

YES

Remove Vacoped, 1cm heel elevation
Full weight bearing and physiotherapy (**Leaflet**)
Maintain Vacoped® if tendon healing delayed

NO

Non-operative therapy failed
Operative therapy indicated

12 Weeks

Tendon healed?

YES (80%)

Conclusion
Full weight bearing and physiotherapy (**Leaflet**)
(Maintain 1 cm heel elevation for 3 months)

NO

Non-operative therapy failed
Operative therapy indicated