


Achilles tendon rupture

- Large tendon connects the calf muscle to the heel bone
- Often called the heel cord
- Allows you to jump, run and tiptoe



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- Weaken with age and lack of use
 - Diabetes, corticosteroids may increase risk of rupture
 - Middle aged male athletes
 - Weekend warriors
 - Sudden bursts of running, jumping or pivoting
 - Ball games such as basketball, badminton, tennis



symptoms

- Sudden pain in the heel
- Something hit my heel
- Snap or pop sound
- Gap felt at the tendon
- Unable to stand tiptoe

diagnosis

- Good clinical examination
- X-ray often not needed
- Sometimes ultrasound examination



Treatment

- Restore normal length
- Surgical treatment often needed
- Non-operative treatment possible in some patients





Rehabilitation

- Initially need brace or cast
- Heel lift device often used
- Often needs at least 3-4 months before recovery
- Physiotherapy often needed