



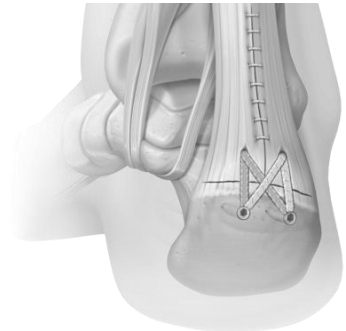
## Surgery for insertional achilles tendinopathy

Surgery for your insertional tendinopathy should be considered when conservative measures have been exhausted.

Surgery is successful in 70-80% of patients

Surgery involves

- Detachment of the achilles tendon and removal of the degenerative tendon insertion.
- Removal of the bony spur
- Reattachment of the tendon with absorbable anchors

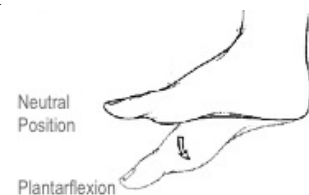


### Rehabilitation

- 1 night in hospital
- 2 weeks with the foot elevated in a cast non weightbearing
- At 2 weeks you will transition into a boot with the foot pointing down.
- Over 6 weeks you will begin progressive weightbearing and bringing the foot up to a neutral position so that by 8 weeks from surgery you are fully weightbearing in the boot with your foot flat- see below

Week	Weight Bearing	Boot Position	Exercises
0-2	Non weight bearing	In a cast	
2-4	25% weightbearing - 2 crutches	3	Gentle ROM and isometric calf strengthening
4-5	50% weightbearing - 2 crutches	2	Isometric calf strengthening with theraband
5-6	75% weightbearing - one crutch	1	Isometric calf strengthening with theraband
6-7	Full weightbearing - one crutch	0	Resisted Plantarflexion with theraband +ROM
7-8	Full weightbearing - no crutches	0	Resisted Plantarflexion with theraband +ROM
8-12	Full weightbearing - out of boot		Commence weightbearing exercises

- ROM- Ankle range of motion
- Plantarflexion
- Isometric strengthening occurs with no movement of ankle





### ***How long will I be off work?***

This is dependent upon your occupation

- Seated job 2-4 weeks
- Standing / Walking job 8-12 weeks
- Heavy lifting job 4-6 months

### ***When can I drive?***

- If you have a manual car you will be unable to drive for 9 weeks
- If you have an automatic car
  - you can drive after 2 weeks if you have your left foot operated on
  - you can drive after 9 weeks if you have your right foot operated on

### ***What are the risks of the procedure?***

#### *General risks of surgery*

- Infection
- Wound healing problems
- Nerve injury and scar sensitivity
- Incomplete resolution of your symptoms -up to 20%
- Blood clots to the leg
- Anaesthetic problems

#### *Specific to achilles insertional tendinopathy surgery*

- Avulsion of the reattached tendon which requires further surgery
- Stiffness

This information is an overview of the surgery for insertional achilles tendinopathy and is not all inclusive.

If you have any questions regarding this please contact Mr. Curry's rooms on **(03) 99286560**.