



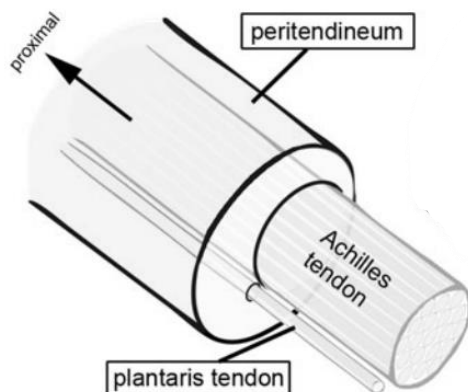
Surgery for Non Insertional Achilles Tendinopathy

Surgery for non insertional achilles tendinopathy is reserved for when all conservative measures have not succeeded.

Surgery is aimed to create a “healthy” environment for the physiotherapist to address the patients tendinopathy.

What is the anatomy?

The Achilles tendon lies within a sleeve of tissue called the paratenon



What is the surgical treatment?

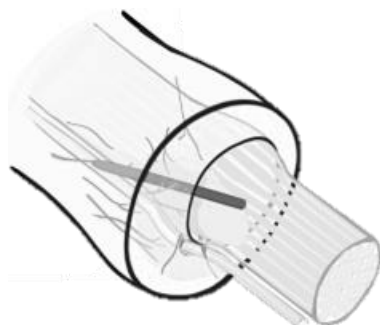
Surgery may include

- Paratenon release
- Resection of plantaris
- Debridement of the achilles tendon
- FHL tendon transfer (severe cases)

What does a paratenon release involve?

Surgery involves scraping the inflamed paratenon and ingrowing blood vessels off the Achilles tendon and excising the plantaris tendon if present.

This involves an incision on the inside of the Achilles tendon located over the site of pain. The Achilles tendon is not cut or debrided and therefore not weakened.



What does the rehabilitation involve?

- Day surgery
- 48 hours non weightbearing with crutches
- Then weightbearing and wean off crutches by 10-14 days
- Elevate the leg as much as possible and undertake ice application and gentle stretching during this period
- Review at 2 weeks for suture removal.
- At 2 weeks commence cycling and eccentric stretching exercises
- Depending on symptoms running can begin at 4-6 weeks and progress to full training at 8 weeks

How long will I be off work?

This is dependent upon your occupation

- Seated job 2 weeks
- Standing job 4-6 weeks
- Heavy lifting job 8 weeks

When can I drive?

- Manual car
 - No driving for 4 weeks
- Automatic car
 - Left foot no driving for 2 weeks
 - Right foot no driving for 4 weeks

What are the risks of the procedure?

General risks of surgery

- Infection
- Wound healing problems
- Nerve injury and scar sensitivity
- Blood clots to the leg
- Anaesthetic problems

Specific risks for Achilles surgery

- Incomplete relief of the symptoms

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

If you have any questions regarding this please contact Mr. Curry's rooms on **(03)9928 6560**.