

# INSERTIONAL ACHILLES TENDINOPATHY



## SURGERY INFORMATION



**DR CHRISTY GRAFF**

Foot and Ankle  
Adult and Paediatric Orthopaedic Surgeon

☎ 0493 461 133

📠 (08) 9118 3112

✳ HealthLink:drcgraff

✉ admin@christygraff.com

🌐 www.drchristygraff.com

## THE SURGERY

- The surgery involves an incision over the achilles insertion the bone spur and bursa are removed
- A wedge of bone is removed from the calcaneum and the calcaneum is shortened to offload the achilles; the calcaneum is then fixed with a screw
- A tendon transfer is performed to improve strength and blood supply to the repair, and help the degenerate achilles to heal

## THE HOSPITAL STAY

- You wake up with bulky bandages a **boot or a half plaster**
- You will stay in hospital overnight, with your foot **elevated** and you will have antibiotics through a drip
- You will be on blood thinners to prevent DVT and vitamin C to help with wound healing and pain management
- You will be only allowed to **touch** your foot to the ground for 2-3 weeks
- Depending on your balance and strength, you may need rehabilitation post operatively
- Buying a second hand **knee scooter** pre operatively (can search online) and practicing at home before the surgery, can be helpful; please bring it into the hospital with you. It is easier to use a knee scooter than crutches

## WHEN YOU GO HOME

- You will need medications for pain relief
- You will need to take antibiotics until the wound heals
- You will need blood thinners and vitamin C daily for 6-8 weeks
- **Please leave all dressings intact until your post op appointment**
- You will get an appointment for your post op appointment in 2-3 weeks where the dressings will be taken down
- After this you will be able to shower normally and pat the dressings dry



MRI scan showing insertional achilles tendinopathy with an inflamed bursa

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## REHABILITATION

All patients are different. These timelines are only a guide, and some patients may progress faster or slower than others.

<b>0-3 weeks</b>	<ul style="list-style-type: none"> <li>You will be in a <b>boot or half a plaster</b></li> <li>You will only be allowed to <b>touch your foot to the ground</b> for balance.</li> <li>Elevate your foot on 3 pillows most of day</li> <li>You will need to bag the leg for showers</li> <li><b>Pain relief:</b> Please take regular paracetamol with meals and before bed; you may need stronger pain killers as well, especially before bed</li> <li>Please take antibiotics, blood thinners and vitamin C as prescribed</li> </ul>
<b>3-8 weeks</b>	<ul style="list-style-type: none"> <li><b>Post op appointment for a wound check</b></li> <li>You will then go back into the boot but can remove it for seated showering and physiotherapy</li> <li>You can start <b>partial weightbearing</b> in the boot (20-50% body weight) and increase to full weightbearing in the boot over 4-5 weeks</li> <li>Physio for isometric calf strengthening, hip and knee strengthening and leg lifts, and active range of movement below neutral with physiotherapy</li> </ul>
<b>8-12 weeks</b>	<ul style="list-style-type: none"> <li><b>Post op appointment to assess range of motion</b></li> <li>You can <b>weightbear as tolerated</b> in a normal supported sneaker</li> <li><b>Physiotherapy</b> for active plantarflexion and dorsiflexion to neutral, resisted inversion/eversion with foot in neutral, and proprioception training (pain free)</li> </ul>
<b>12 weeks</b>	<ul style="list-style-type: none"> <li>Continue strengthening without restrictions except no landing/twisting/turning</li> <li>You can range the ankle past neutral with <b>physiotherapy</b></li> </ul>

<b>4-6 months</b>	<ul style="list-style-type: none"> <li>You can progress strengthening and range of motion with pain free double leg heel raises with <b>physiotherapy</b></li> <li><b>Light jogging can commence if there is no pain</b></li> <li><b>You can walk bare footed</b></li> </ul>
<b>9-12 months</b>	<ul style="list-style-type: none"> <li>When the leg feels back to normal and the same as the other leg, you can start sport specific training</li> </ul>

## WHEN CAN I RETURN TO WORK?

- Seated work 6-12 weeks
- Prolonged standing 6 months
- Heavy labour work 12 -18 months

## WHEN CAN I RETURN TO SPORT?

- Start sport specific training at 12-18 months
- Return to sport when leg same as the other side

## WHEN CAN I DRIVE?

- Left foot 2-3 weeks (if driving an automatic)
- Right foot 6-8 weeks

## WHAT CAN GO WRONG?

- Anaesthetic problems
- Nerve injury
- Blood clots
- Infection
- Stiffness
- Rupture
- Ongoing pain including chronic regional pain syndrome
- Further surgery

## CONTACT

If you want more information, or have any questions or problems, please contact Dr Graff on [admin@christygraff.com](mailto:admin@christygraff.com) or please call the rooms on **0493 461 133**