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

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