FOOT & ANKLE CENTER · PATIENT GUIDE

Achilles Tendon Repair — Minimally Invasive Repair

Fixing a torn Achilles tendon through a small incision, with a clear, step-by-step path back to walking, driving, and your regular shoes.

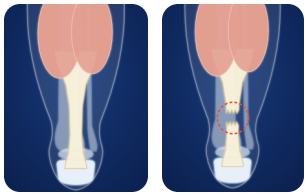
✦ Small incision · ➜ Boot & therapy at 2 weeks · ★ Regular shoes at 10–12 weeks



Blake E. Moore, MD, FAAOS
Board-Certified Orthopaedic Surgeon
Fellowship-Trained in Foot & Ankle

1 What is an Achilles rupture?

Your **Achilles tendon** connects your **calf muscles to your heel bone** and helps you push off when you walk, run, and jump. A **rupture** is a tear through the tendon. Many people feel a sudden **"pop"**, or feel as if someone **kicked them in the back of the heel**.



Healthy | Torn

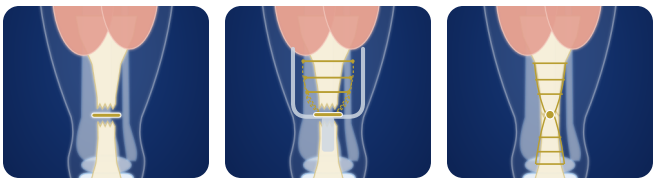
2 Do I need surgery?

- ✓ Surgery **decreases the risk of re-rupture** compared to non-operative treatment.
- ✓ Surgery can often **improve strength** and allow a **faster return to work** compared to non-operative treatment.
- ✓ We try to get you to the operating room **as soon as possible** after your injury.
- ✓ Patients with **minimal tendon gapping** who are seen **immediately after injury** may be candidates for **non-operative treatment**. We'll discuss this at your appointment.

3 The minimally invasive repair

Dr. Moore uses the **PARS (Percutaneous Achilles Repair System)** technique. Through a **small incision**, sutures are passed through the tendon ends with a guide, then **tied to bring the tendon ends together**. We usually make a small **transverse** incision, occasionally a **vertical** one, depending on the injury pattern.

Good to know: small incisions decrease the risk of infection. The small-incision approach may not be an option for **chronic** Achilles ruptures or **distal insertional** ruptures (at the heel bone).



1. Small incision usually transverse | **2. Pass sutures** with a guide | **3. Tie together** ends brought together

4 Your recovery, step by step

Specialized physical therapy protocol

Day 0	0–2 wk	2 wk	2–6 wk	6 wk	~9 wk	10–12w
Surgery Splint protects the repair	**Weeks 0–2** Splint on. Non-weight-bearing	**Week 2** Weight-bearing in a CAM boot. Start physical therapy. OK to shower	**Weeks 2–6** Heel lifts removed gradually	**Week 6** Walking flat in the CAM boot	**Week 9** Most can drive again	**Weeks 10–12** Regular shoes for most

Boot, heel lifts & therapy

A large heel lift keeps your foot pointed down (plantar flexion) to protect the repair; your therapist removes the lifts over time. Our PT protocol is given at your first post-op visit: take it to the therapist of your choice.

Everyday life

Showering: get the leg wet starting at 2 weeks.
Driving: most around 9 weeks, once you can brake effectively.
Shoes: most folks at 10–12 weeks.

5 · Blood clot prevention

After surgery you'll take **aspirin** to help prevent blood clots (DVT), unless you have a prior history of DVT. **Please tell us if you've ever had a blood clot, or if someone in your family has.**

6 · When to call us

For fever, redness or drainage at the incision, worsening pain, a splint that feels too tight, or new calf pain or swelling: come directly to our walk-in clinic at our Glenn Mitchell Dr office, **Monday–Friday, 9 am–5 pm**. After hours, call **757-321-3300** for non-life-threatening concerns. **Call 911 for chest pain or trouble breathing.**

Potential complications. All surgery has risks. With Achilles repair these include infection or slow wound healing, numbness near the incision, re-rupture, stiffness or calf weakness, blood clots, and ongoing pain. Dr. Moore will review your own risks with you.

ATLANTIC ORTHOPAEDIC SPECIALISTS

Questions about your Achilles repair?
We're here to help. Learn more at
www.atlanticortho.com

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To make an appointment: **757-321-3360**
Please ask for Dr. Moore.
Surgical scheduling after your appointment: **757-321-3307**
1975 Glenn Mitchell Dr, Suite 200, Virginia Beach, VA 23456
atlanticortho.com

This handout is general education, not medical advice or a guarantee of results; recovery varies from person to person. Illustrations are simplified drawings. PARS (Percutaneous Achilles Repair System) is a product of Arthrex, Inc.