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This material should not be used for commercial purposes, or in any hospital or medical facility. Non-compliance can lead to legal action. An Achilles tendon rupture occurs when your Achilles tendon tears, or separates from your heel bone. The Achilles tendon connects the calf muscle to the heel bone. This allows you to point your foot down and get to your feet. The rupture of the Achilles tendon can be caused by a sports injury or a fall. What increases the risk of Achilles tendon rupture? Previous Achilles tendon rupture, rupture, or tendonitis Sudden increase in the intensity of activity of tight calf muscle arthritis, gout, or lupus Age over 30 Medications such as steroids or antibiotics What are the signs and symptoms of ruptured Achilles tendon? Sudden pop, snap, or crack in the back of your leg Severe pain in your leg or ankle, especially when your foot is bent by swelling, stiffness, or weakness in the leg or ankle bruise on the back of the ankle problems moving or putting weight on the leg How is the Achilles tendon rupture diagnosed? Tell your doctor what you were doing when the symptoms started. He will bend his knee and squeeze the lower part of the calf. If the leg or ankle does not move, the tendon is torn. You may need an X-ray, ultrasound or MRI to check for a rupture or damage to your Achilles tendon. Don't enter the MRI room with anything metal. Metal can cause serious injury. Tell your doctor if you have metal in or on your body. How is the Achilles tendon rupture treated? Medicine can help reduce pain and swelling. Throw, braces or tires can be used to keep your foot from moving. This will help your tendon heal. Your doctor may change your cast and your leg position several times while the tendon heals. After a few weeks of cast or tires, you may need heel lifts placed in your shoes. This will reduce the load on the Achilles tendon. Physical therapy may be required. The physiotherapist teaches you exercises to help improve movement and strength, and reduce pain. You cannot start physiotherapy for a few weeks or until your cast is removed. Surgery may be required if other treatments do not work. The edges of the tendon may need to be stitched back together. You may need a transplant to patch up the tear. Vaccination is part of another tendon or artificial material. What can I do to cope with my symptoms? Use the support device as a directional. You may need crutches or and amd to reduce stress and pressure on the tendon. Your doctor will tell you how much weight you can put on your foot. Request more information on how to use crutches or cann. Wear braces or tires as directed. This is will keep the tendon straight and help it heal. Rest as far as to. Your doctor tell you when it's okay to walk and play sports. You may not be able to play sports for 6 months or longer. Ask when you can go back to work or school. Don't drive until your doctor says it's ok. Apply ice to the Achilles tendon for 15-20 minutes every hour or depending on the directional. Use an ice pack, or put crushed ice in a plastic bag. Cover with a towel. Ice helps prevent tissue damage and reduces swelling and pain. Lift your heel above your heart level as often as you can. This will help reduce swelling and pain. Support the heel on pillows or blankets to keep it elevated comfortably. When should I seek immediate medical attention? Your leg feels warm, tender and painful. It may look swollen and red. Your feet or feet are numb. When should I contact my GP? You've got a fever. Your symptoms are no better with treatment. You have questions or concerns about your condition or care. Care agreement you have the right to help plan your treatment. Learn about your health and how it can be treated. Discuss treatment options with health care providers to decide what kind of care you want to get. You always have the right to refuse treatment. The above information is only educational help. It is not intended as a medical consultation for individual conditions or treatment. Talk to your doctor, nurse or pharmacist before following any medical regimen to see if it is safe and effective for you. © IBM Corporation 2020 Information is only used for end users and cannot be sold, redistributed or otherwise used for commercial purposes. All illustrations and images included in CareNotes® are owned by A.D.A.M., Inc. or IBM Watson HealthFurther InformationAlways to ensure that the information displayed on this page is relevant to your personal circumstances. Medical failure Details of Achilles Tendon Rupture Symptoms and treatmentmayo clinic ReferenceAchilles tendinitisAchilles tendon rupture This material should not be used for commercial purposes, or in any hospital or medical facility. Non-compliance can lead to legal action. A ruptured tendon is a partial or complete rupture of the tendon. Tendons are tight strips of tissue that attach muscles to the bones. A tear can be caused by injury or increased pressure on the tendon, which occurs during sports or fall. Your risk may be higher if you have a weak tendon. Weak tendons can be caused by tendonitis, steroid use, senior age, and chronic diseases such as arthritis. What are the signs and symptoms of a ruptured tendon? Break or break Sound during injury Pain or tenderness in the area of rupture of the tendon Weakness or stiffness in the injured area swelling the bruising problem of walking or moving the area where the rupture of the tendon occurred As it is is a ruptured tendon diagnosed? Your doctor will ask about your symptoms and what you did during the injury. It will also ask about any medical conditions you have and medications that you are taking. It will examine your tendon and check how well you can move the area in different directions. You may also need any of the following: X-rays can show if the tendon is completely separated from the bone. An MRI takes pictures of the tendon to show the damage. You may be given a liquid to help the photos appear better. Tell your doctor if you have ever had an allergic reaction to a contrast fluid. Don't enter the MRI room with anything metal. Metal can cause serious injury. Tell your doctor if you have metal in or on your body. Ultrasound uses sound waves to show pictures of the tendon on the monitor. An ultrasound can show a ruptured tendon. How is the tendon rupture treated? Treatment depends on which tendon you tore and how serious the rupture is. You may need any of the following: NSAIDs, such as ibuprofen, help reduce swelling, pain and fever. This medicine is available with or without a doctor's order. NSAIDs can cause gastric bleeding or kidney problems in some people. If you are taking blood thinners, always ask your doctor if NSAIDs are safe for you. Always read the drug label and follow the instructions. Acetaminophen reduces pain. It is available without a doctor's order. Ask how much to take and how often to take it. Follow the instructions. Acetaminophen can damage the liver if not taken correctly. Steroid injections reduce pain, inflammation, and helps heal a partial tear. Auxiliary devices, such as braces, casts or tires, restrict movement and protect the tendon. If the tendon rupture is in the leg, you may need to use crutches. This will reduce the pain as you move. Physical therapy can be recommended after swelling and pain has decreased. The physiotherapist teaches you exercises to help improve movement and strength. Surgery may be necessary to attach the tendon to the bone if you have a full tear. How can I cope with my symptoms? Rest the injured tendon until the pain and swelling has decreased. Ask your health care provider what activities you can do while your tendon heals. Apply ice to the tendon for 15-20 minutes every hour for 48 hours or depending on the time. Use an ice pack, or put crushed ice in a plastic bag. Cover with a towel. Ice helps prevent tissue damage and reduces swelling and pain. Squeeze the injury with an elastic bandage, cast air, medical loading or a tire to reduce swelling. Ask your health care provider what compression device to use, and how tight it should be. Lift the damaged area above your heart level as often as you can. This will help reduce swelling and pain. If possible, support the affected area on pillows or blankets to keep to save deluxe. When should I seek immediate medical attention? You have severe pain in the affected area, even after you take your medication. Your hand or leg feels warm, tender and painful. It may look swollen and red. You feel frivolous, short of breath, and chest pain. You're coughing up blood. When should I contact my GP? Your symptoms are no better with treatment. You feel another pop, snap, or crack in the tendon. You have questions or concerns about your condition or care. Care agreement you have the right to help plan your treatment. Learn about your health and how it can be treated. Discuss treatment options with health care providers to decide what kind of care you want to get. You always have the right to refuse treatment. The above information is only educational help. It is not intended as a medical consultation for individual conditions or treatment. Talk to your doctor, nurse or pharmacist before following any medical regimen to see if it is safe and effective for you. © IBM Corporation 2020 Information is only used for end users and cannot be sold, redistributed or otherwise used for commercial purposes. All illustrations and images included in CareNotes® are owned by A.D.A.M., Inc. or IBM Watson HealthFurther InformationAlways to ensure that the information displayed on this page is relevant to your personal circumstances. Medical Failure More on Tendon Gap IBM Watson Micromedex Micromedex achilles tendon rupture rehab exercises pdf

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