

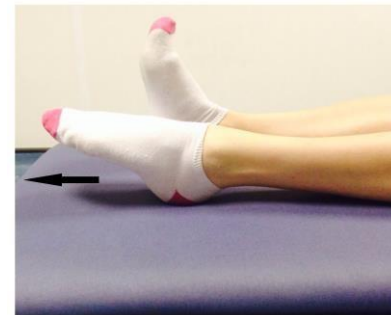
You have a suspected rupture to your Achilles tendon which needs to be confirmed via an ultrasound scan (USS).

Healing: If confirmed this normally takes approximately 9-10 weeks to heal, however symptoms can be on-going for 3-6 months.

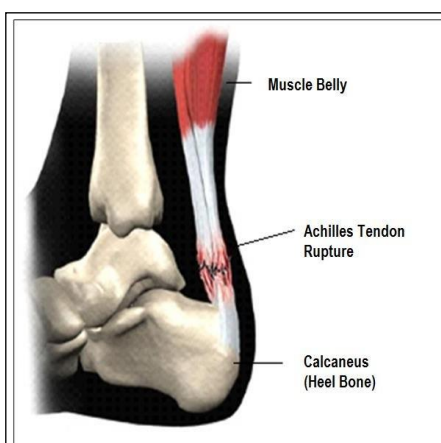
Pain and swelling: Swelling is often worse of the end of the day. Elevating your ankle will help. Take pain killers as prescribed.

Using your ankle: You **must** use the boot with the wedges until we confirm the diagnosis. Keep the boot on at night and during the day. You **should not** weight bear on your foot during this time and will most likely be non-weight bearing if a rupture is confirmed on the USS.

Personal hygiene: You may remove the boot carefully for washing and changing your sock once a day. Whilst doing this you must, at all costs, **keep the toes pointed down**, as demonstrated in the picture. Avoid any temptation to stretch the calf as this could mean the tendon heals in an elongated position which will affect your overall rehabilitation.



Follow up: You have been referred to have an ultrasound scan to investigate the injury. You will receive a phone call from the Fracture Care Team for further consultation and advice after your scan.



If you are worried that you are unable to follow this plan, or have any questions, then please phone the Fracture Care Team for advice.

If you are experiencing pain or symptoms, other than at the site of the original injury or surrounding area, please get in touch using the telephone or e-mail details at the top of this letter.

York Virtual Fracture Clinic Contact details:

Phone: 01904 726575

Scarborough Trauma Assessment and Treatment Unit (TATU):

Phone: 01723 342021 / 07385 463781

Email: virtualfractclinic@york.nhs.uk

Information on Deep Vein Thrombosis (DVT) risk and Fragmin injections

Due to the nature of this injury, and its rehabilitation, it is required to immobilise the foot in a boot without weight bearing. This places you in a higher risk group for developing a DVT (blood clot) which could potentially have very serious effects.

You may or may not have prescribed a course of Fragmin (a type of heparin), which is blood thinner. If you have been prescribed Fragmin, one of the nurses in clinic will have shown you the injection technique and you should try to keep these injections to a regular time of day. Once your ultrasound scan results have been reviewed we will advise you if you need to continue Fragmin. If you have any further questions with regards to this, or have a reaction to the medication, please direct this to your GP or district nurse.

The used injections MUST be disposed of safely in the yellow 'Sharps Bin' provided. Once full, sharps bins, can be collected from your home and new ones delivered by a specialist service. If you are a resident of York please Telephone 01904 726575 to arrange collection. If you live outside York please contact your local council's clinical waste disposal service.

Boot advice

Diabetic patients:

If you are diabetic, please contact us to discuss your boot.

This is particularly important if you have problems with your skin. We can provide you with a special diabetic boot if required.

Footwear for your uninjured foot:

We would recommend choosing a supportive shoe or trainer with a firm sole for your uninjured foot. At the moment you are not allowed to put weight through your injured foot. When you are allowed to put weight through your foot you will notice that the boot you have been given has a thicker sole, by matching this height on the uninjured side you will reduce any stress on your other joints.

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