

This is a follow-up letter to your recent telephone consultation with the fracture care team explaining the ongoing management of your injury. Your case has been reviewed by an Orthopaedic Consultant (Bone Specialist) and Fracture Care Extended Scope Physiotherapist.

**You have sustained a partial rupture to your Achilles tendon which was confirmed via ultrasound.**

**Healing:** This normally takes approximately 9-10 weeks to heal.

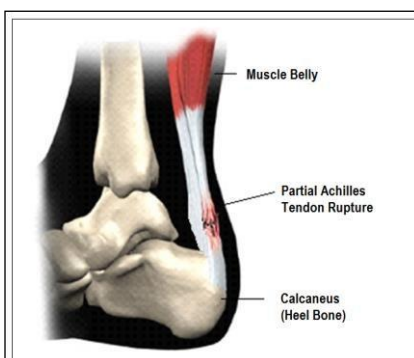
**Pain and swelling:** The swelling is often worse at the end of the day and elevating it will help.  
Pain and swelling can be ongoing for 3-6 months.  
Take pain killers as prescribed.

**Using your ankle:** You must use the boot with the wedges and follow the programme below.  
Keep your boot on day and night.  
You can put some weight through your foot, as pain allows.

**Follow up:** You will see a Foot and Ankle Specialist about 4 weeks after your injury. They will give instruction on the removal of the wedges and check your progress.  
If you have not received this appointment within one week of receipt of this letter please contact us on Tel: 01904 726575.

You have also been referred to your local physiotherapy service. They will contact you to make an initial appointment for 9-10 weeks after injury.  
This is when your rehabilitation can start. If you do not hear anything within this timeframe, please contact your local department directly.

**Picture of injury:**



If you are worried that you are unable to follow this rehabilitation 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 bottom of the page.

**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

Please follow the management plan below.

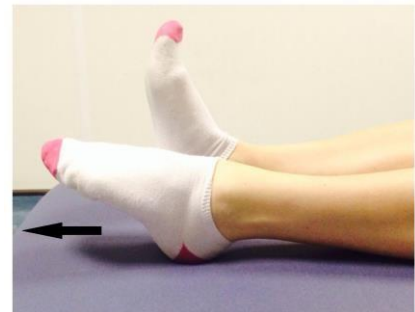
**What to expect:**

Weeks since injury	Rehabilitation plan
0-4	<ul style="list-style-type: none"> <li>✓ Wear boot and 5 white wedges all the time, including at night.</li> <li>✓ Use your crutches and put some weight through your foot when you walk.</li> <li>✓ Remove the boot once a day to wash your foot and change your sock – <u>follow the guidelines below.</u></li> <li>✗ Don't stretch your calf muscle.</li> <li>✓ You will see a Foot and Ankle consultant 4 weeks after your injury.</li> </ul>
4-8	<ul style="list-style-type: none"> <li>✓ Remove one wedge from the bottom of the stack each week and replace the top of the stack into the boot.</li> <li>✓ Follow advice given by your Foot and Ankle consultant.</li> <li>✗ Don't stretch your calf muscle.</li> </ul>
8-10	<ul style="list-style-type: none"> <li>✓ Remove the last wedge from the boot at week 8.</li> <li>✓ Wear the boot alone for a further 2 weeks.</li> <li>✓ You will have your first physiotherapy session 9-10 weeks after your injury.</li> </ul>

**Instructions for personal hygiene:**

You must wear the boot at all times, but you may remove it 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.



**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 may provide you with a specialist diabetic boot.

**Footwear for your uninjured foot:** We would recommend choosing a supportive shoe or trainer with a firm sole for your uninjured 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 stress on other joints.

Cc. Physiotherapy for appointment at 9-10 weeks post injury date.

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