

Achilles tendon rupture

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Complete rupture of the Achilles tendon is a common injury; 20% of acute injuries are missed. Active plantarflexion of the ankle is still possible, although weak, through the use of the toe plantarflexors. A classic history is a feeling of being kicked in the heel and feeling something go. The most common activity leading to Achilles tendon rupture is badminton or squash following sudden forced contraction of the calf. On examination a palpable gap may be felt. The diagnosis is confirmed by placing the patient prone on the examination couch, feet off the edge of the bed; squeezing the calf fails to elicit passive plantarflexion of the foot. If doubt exists, an ultrasound can confirm the diagnosis. Treatment of acute Achilles tendon rupture involves surgical repair or functional management. There is an increasing trend to functional management as opposed to direct surgical repair.

Talus Os calcis (b) Talus Os calcis Figure 32.27 Axial (a) and sagittal (b) views of a displaced intra-articular fracture of the os calcis. tion. Both the overall shape and the articular surface have been restored.

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Revision #1

Created 2025-12-31 15:13:25 UTC by Omar Ayman

Updated 2025-12-31 15:13:25 UTC by Omar Ayman