

## Further sources of information

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

## Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King's Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references (if relevant) for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

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## INFORMATION FOR PATIENTS

### Discharge advice

### Achilles tendon rupture



## What is an Achilles tendon rupture?

The Achilles tendon is a large rope-like band of fibrous tissue that connects the calf muscle to the back of your heel. When your calf muscles contract, the Achilles tendon tightens, it pulls on the heel to make us go on tip toe or pushes us forward when walking or running.

An injury to the Achilles tendon can occur unexpectedly or during sudden calf muscle activity, such as running or sprinting.

When the rupture occurs, it is often described as if you have been hit or kicked in your calf causing sudden pain. You will not be able to move your foot upwards and your movements will feel uncontrolled.

Your Achilles injury will have been treated with either a walking boot with wedges or a plaster cast with your toes pointing to the floor. An ultrasound scan may be requested to examine the extent of the injury and you will be offered an appointment in the fracture clinic with the consultant to discuss treatment for this injury.

Patient with diabetes, neuropathy or vascular conditions should check their skin twice a day to make sure no sores are starting to form from the boot. If a sore is starting to form, please contact the fracture liaison team – contact details on the next page.

### **You should:**

- Keep your appointment in the fracture clinic.
- Wear the boot day and night, only removing it for hygiene purposes, making sure that your foot does not touch the floor.
- All patients must wear the sock supplied, whilst wearing the boot to prevent any sores forming.

### **You should not:**

- Drive whilst wearing the walking boot or plaster cast.
- Patients must not remove any wedges from the boot unless they are told to do so following their appointment with the consultant.

## Problems and further advice

A fracture liaison service is available, and advice can be given over the telephone.

**If you develop any issues or have concerns/questions we advise you seek help.**

For appointments, letters or leaflets (non-clinical queries) please call 01623, 622515, extension 2180. For any plaster or splint concerns, please call 01623, 622515, extension 4114.

Both can be accessed between 8am and 4pm, Monday to Friday.

**Outside of these hours, or for urgent advice, please go to your nearest Emergency Department.**