

Mother Knows Best - Improving recovery experience after Achilles tendon rupture

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Abstract text: Background

Rupture of the Achilles tendon carries a long recovery period. Current literature supports non-surgical care in most instances.

Whether there is an indication for surgery or not, the best outcomes are seen with functional rehabilitation using an orthopaedic boot, gradually reducing the degree of equinus. Early weight-bearing brings better results when compared to casts and crutches.

The boot is worn until 10 weeks, day and night. The hot, heavy and dirty boot is unpopular for sleeping in. Non-compliance risks re-rupture or over-lengthening of the tendon.

The Thetis Achilles Rupture Night Splint secures equinus positioning for sleeping. It is designed to improve the patient's recovery experience, especially at night-time. It may improve compliance. It is not designed for walking upon.

Methods

We collected clinical data and feedback from Achilles rupture patients using this splint from our institution, along with wider uptake data.

Results

In 2022 there were 1065 users of the Thetis Night Splint (477 in UK).

There have been no reported adverse outcomes associated with the use of this comfortable, lightweight night-splint.

Seventy-two percent of our local patients used the Thetis Achilles Rupture Night Splint. There were two re-ruptures, neither related to using the splint.

Achilles Tendon Rupture Scores do not differ from pre-Thetis-splint patients.

Patient feedback was excellent. One patient preferred the boot at night-time, having to rise often due to nocturia. He used the night splint when resting during the day.

Conclusion

The Thetis Achilles Rupture night splint is named after the Sea Nymph who was, according to legend, the mother of Achilles.

Our patients agree that, for a better recovery experience after Achilles tendon rupture, "Mother Knows Best".

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