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Non-operative functional treatment for acute Achilles tendon ruptures: The Leicester Achilles Management Protocol (LAMP)

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Objectives:

To present outcomes and objective measures of assessment for acute Achilles tendon (AT) ruptures treated conservatively with an eight-week functional dynamic treatment protocol in a *VACOPed*[®] boot with immediate full weight bearing mobilisation, the Leicester Achilles Management Protocol (LAMP):

Time from diagnosis	VACOPed position
0-4 weeks	Locked in 30° position
4-6 weeks	Dynamised 15°-30°
6-8 weeks	Dynamised 0°-30°
At 8 weeks	Boot removed

Material and Methods:

A prospective study of all patients treated with the LAMP with minimum 12-month follow-up was performed. Patients completed the **Achilles Tendon Rupture Score (ATRS)** and in the latter part of the study, objective measures

of the **calf muscle girth** and **heel raise height** were obtained.

- **442 patients** were treated with the LAMP
- **ATRS** at twelve months or more were available in **234 patients** and **objective measures in 77 patients**.

Results:

- **Good functional results** with a mean ATRS of 75.5 at an average of 23 months post injury.
For comparison:
 - SMART Protocol: ATRS 72,4 at 9 months follow-up with 43 patients
- **Low re-rupture rate** of 9 cases (2%). The authors feel that the difference in re-rupture rate between surgical and modern non-operative regimes is now negligible.
- **Low number of complications** (too small to analyze).
- Statistically significant difference in the calf muscle girth and the heel raise height when compared to the uninjured side at 12-months post-injury ($p < 0.05$). Differences did not correlate with the ATRS ($p > 0.05$).

Conclusion:

- The LAMP is a **simple** yet **effective** regime for the management of acute AT ruptures.
- Can be **universally adopted without the need for many resources**.
- The regime **involves the use of a VACOPed[®] boot** for eight weeks.
- Compared to other studies, the overall **time in the boot is less**.
- **Low complication rate** and **similar patient reported outcomes**.
- Overall, LAMP is a **cost effective, reliable** and **predictable** method of treating acute Achilles tendon ruptures.