

Protocol for Functional Rehabilitation of Achilles Tendon Ruptures



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Mr Lyndon Mason and esteemed colleagues Chijioke Orji and Paula Goudie have exceptional experience and expertise from their long running foot and ankle clinic. The full version of this paper is very good and informative reading, pulling together their clinical guidance and citing popular study regimes for achieving excellent functional outcomes for Achilles Tendon Ruptures.

This serves as a brief summary of key points from the publication:

- Nonoperative treatment using modern functional rehabilitation achieves equivalent rerupture rates and functional outcomes to surgery
- Early protected weight-bearing and controlled mobilisation are central to optimal tendon healing
- Structured protocols matter – SMART and LAMP provide reliable, evidence-based frameworks
- Nonoperative care avoids surgical risks such as wound complications and sural nerve injury
- Ultrasound gap size alone should not dictate treatment
- Immobilisation must achieve true ankle equinus – not all boots or wedges do this effectively, VACOped ensures it.
- Successful outcomes depend on concordance and close physiotherapy collaboration
- With experience and protocol adherence, rerupture rates <1% are achievable (0.84% over last 3 years of data)

This summary of findings by Mr Mason and team are a loud and clear endorsement for the consistent and controllable results of utilising a VACOped boot with a dedicated rehabilitation service. Avoids almost all surgeries, gets the same outcomes and fewer complications, and shows the gap size is low priority during decision making.



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