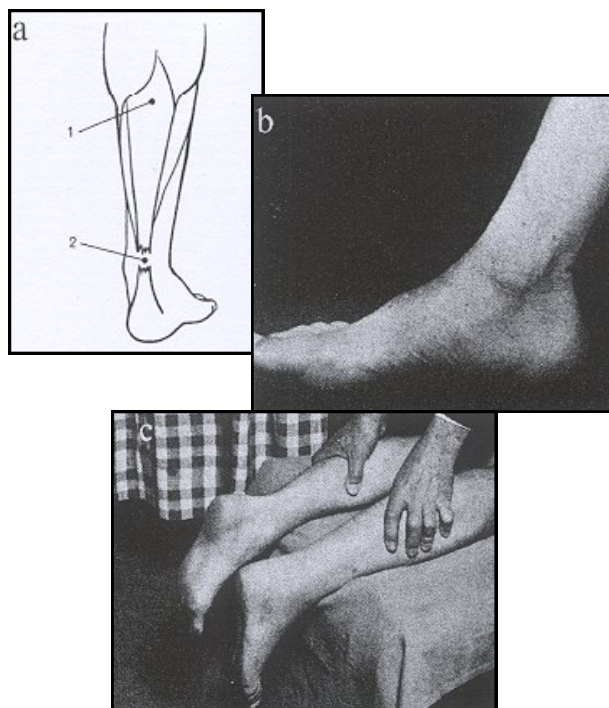


Ruptured Achilles Tendon (Conservative Management—Moonboot)

Patient information - Department Orthopaedic & Physio

A decision has been made in conjunction with the doctor regarding your treatment. Conservative treatment means no surgery. The management of your ruptured tendon will be with a plaster cast for 2 weeks, a moonboot for 4 weeks and finally heel raises in your shoes for 6-8 weeks.



Weeks 0–2

Your lower leg will be put in an equinus cast with your toes pointing to the floor. You are **not** permitted to walk on this cast and will need to use crutches or a frame.

At this time you will be given a prescription for the moonboot. You need to make an appointment and go to:

Orthotics (S.I.) Ltd

9 Walker Street (we will give you a map)

The Orthotics staff will issue you with a hinged moonboot, checking the fit by trying it on your unaffected leg.

Weeks 2–6

At this appointment your cast will be removed and a moonboot applied. You will be given a tubigrip bandage to wear under the moonboot which will help control any swelling that may occur. The tubigrip **is** to be removed at night.

You are **not** allowed to walk in the moonboot. You may take the moonboot off for showering with care, but must wear it in bed an night.

Weeks 6–12 or 14

Prior to your appointment at 6 weeks to

have your moonboot removed, someone needs to take two pairs of your shoes to **Orthotics** to have a heel raise applied to the heel of your shoes. These shoes



should be a supportive type and not have a high heel. The shoes should not be new as your injured limb may swell initially.

It is often a good idea to get raises put on a pair of work shoes and on a pair of casual/dress shoes.

There is no cost for this service, and the raises can be removed with no damage to your shoes. Please allow at least five (5) working days for this to be done.

You must bring the shoes with the heel raises with you when you come to have your moonboot removed at 6 weeks post-injury

- Initially you will need crutches to assist with your mobilisation.
- Care should be taken when going upstairs or walking up an incline to put your whole foot on the tread to avoid extra stress on your healed tendon.
- Put your shoe on, or use your crutches when getting up at night to go to the toilet.
- Be careful not to slip when in the shower or the bath.
- Physiotherapy should only be used to assist you to learn to walk again (gait training) as you do not want your tendon stretched. It will slowly stretch back to normal with walking. Physiotherapy may be recommended when you change to heel raisers.

You will eventually be walking freely as long as you have the raised shoes on

Orthopaedic Outpatients Department

Christchurch Hospital

Telephone: (03) 364 0800

Physiotherapy Department

Christchurch Hospital

Telephone: (03) 364 0680

For more information about:

- your health and medication, go to www.healthinfo.org.nz
- hospital and specialist services, go to www.cdhb.health.nz