

ACHILLES TENDON LENGTHENING



Overview

This procedure is designed to treat problems with the Achilles tendon, such as chronic tendonitis or a short or contracted Achilles tendon. A series of cuts is created in the tendon to allow it to stretch and lengthen.

Preparation

The patient is positioned so that the back of the ankle is clearly visible to the surgeon. Anesthesia is administered, and the area is cleaned and sterilized.

Treating the Tendon

The surgeon makes several small incisions through the skin, cutting through sections of the Achilles tendon in multiple places. This will allow the tendon to stretch but not tear. As the tendon heals, it will become longer.

End of Procedure and After Care

The incisions are closed with sutures or surgical staples, and the leg is bandaged. A brace or cast may be necessary to immobilize the leg. Recovery time generally takes at least 6 weeks.

