

REHABILITATION OF ACHILLIS TENDON AFTER SURGICAL MANAGEMENT WITH ALLOGRAFT DONOR TENDON TRANSFER – CASE REPORT

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Background

Background and aim Chronic Achilles tendon rupture is defined as a rupture diagnosed or treated more than six weeks post-injury. Tendon grafting and transfer techniques are often required in such cases to restore function. This case report presents the rehabilitation outcomes of a patient with a chronic Achilles tendon rupture treated with allograft donor tendon transfer, marking the first such procedure performed in North Macedonia.

Case report

Methods: A female patient with persistent posterior ankle pain, swelling, and functional limitation had unsuccessful conservative treatment with NSAIDs. Imaging and clinical evaluation confirmed a chronic rupture of the left Achilles tendon. Surgical reconstruction was performed using a donor tendon graft. Rehabilitation program for restoring mobility and enhancing muscle strength was provided with two separate inpatient stays. Rehabilitation protocol included electrotherapy with diadynamic currents, ultrasound therapy, magnetic therapy, exercise therapy including walking on parallel bars and also occupational therapy. Results: Over a two rehabilitation treatments the patient demonstrated improvement in ankle dorsal and plantar flexion, gain of thigh muscle mass, and reduced pain in the affected leg. By the end of therapy the patient achieved independent walking and functional recovery of the affected limb.

Conclusion

Conclusion: Rehabilitation of Achillis tendon after allograft donor tendon transfer is crucial for restoring function and achieving optimal outcomes in tendon injuries.

Keywords: tendon rupture, alograft, rehabilitation