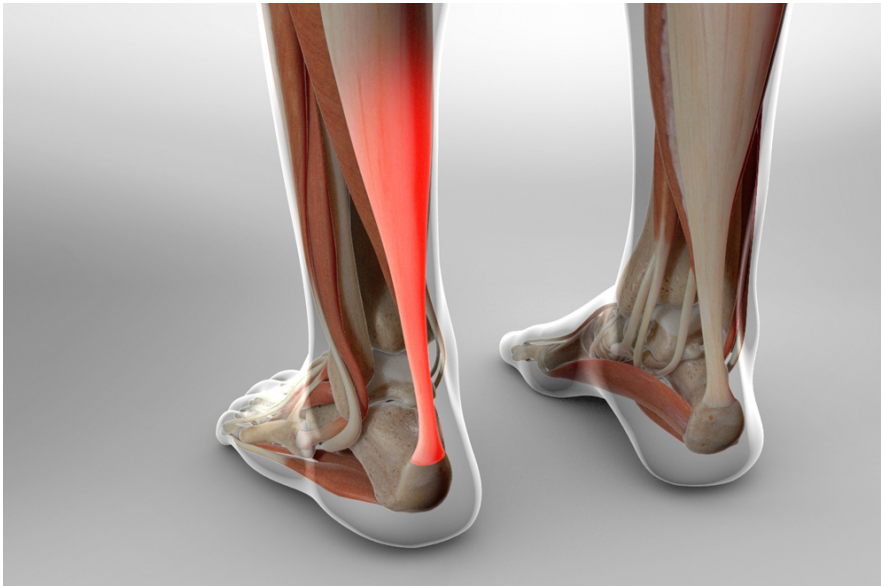




Achilles Tendon Lengthening (Percutaneous Method)



Overview

This surgery makes the Achilles tendon longer. The Achilles tendon is a large tendon that connects the calf muscles to the heel. When it's too short, it causes pain and problems with walking.

Preparation

To begin, you're put to sleep. Or, you're given medicine to make you feel relaxed and numb.

Lengthening

Now, we make some small incisions on the back of your ankle along the sides of your Achilles tendon. We carefully make three cuts in the tendon. Each cut goes part of the way through the tendon. We alternate these cuts on each side of the tendon. As we do this, your foot is lifted. This gently stretches the tendon at the cuts. We stretch it until it's the proper length.

End of procedure

Finally, we close the incisions in your skin. You'll likely wear a cast for several weeks after the surgery as your tendon heals. Follow your care plan for a safe recovery.

