OPED
Keeps you going.



Achilles Tendon Rupture – what's next?

Surgery or Not?

Your doctor will discuss the advantages and disadvantages with you.

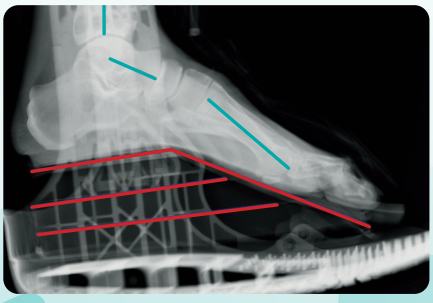
Regardless of whether surgery is performed or not, the choice of orthosis has a significant impact on the result and hence on your quality of life.[*1] Below, we explain why this is the case and how you can improve your healing outcomes.

What can go wrong - and how to heal well?

The Achilles tendon connects your calf muscles to your heel and enables running, jumping, and pushing off.

If the foot is placed in a **boot with wedges** to raise the heel, mostly only the toes are bent downwards — not the ankle.[*5] As a result, the tendon ends do not meet properly, and the tendon may **heal too long**. A lengthened tendon cannot transfer strength effectively, which can lead to lasting weakness when running or jumping. The **Achilles tendon will not shorten by itself**, so if it heals too long and – if not shortened by an operation - this limitation will **remain permanent**.

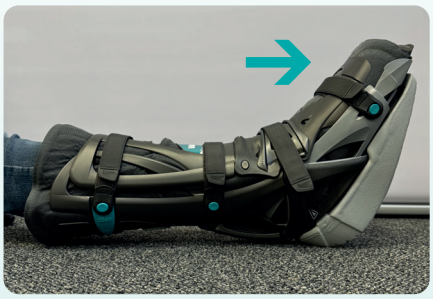
Use a **VACOped boot**, which allows the ankle to point toes-downward correctly.[*6]
Keep the foot in the right position and follow your **active rehabilitation program** carefully.



Boot with wedges only point toes downwards[*6]



VACOped shortens the distance between the tendon ends by pointing the entire foot downwards and making the tendon ends meet[*6]



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A good Achilles boot makes sure the tendon ends meet, by bringing/holding the ankle into a "toes-down" position in the initial phase. This ensures the tendon heals at the right length.

Risk of re-Rupture

Other possible complications are a **re-rupture** and muscle weakness.
When a **boot with wedges** is used, the Achilles tendon stays in one fixed position for several weeks. Because it cannot **adapt gradually** to movement and load, it is **unprepared** once the boot is removed. This sudden stress can **increase the risk of tearing again**.[*2] Muscle weakness can even increase this risk.

Active Rehabilitation is Key

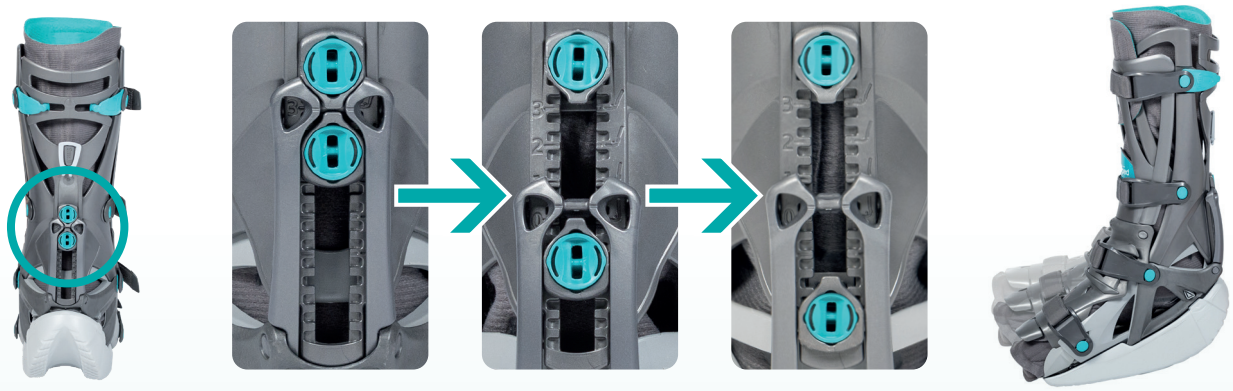
Movement during recovery is essential.
Active (=dynamic) rehabilitation helps the tendon and muscles gradually adapt and build strength for the time after the boot. A **good Achilles boot** supports this process by allowing **controlled movement** throughout rehabilitation.*3 *4 *5

What does this mean for you?

A dynamic boot trains the tendon and muscles for real life — strong, flexible, and ready to move.

What is "active / dynamic Treatment"?

Traditional casts or boots keep the ankle completely still — but **some movement is essential** for proper and strong tendon healing. The **VACOped boot** allows **controlled ankle motion** while keeping the foot and leg safely protected. As healing progresses, the **range of movement is gradually increased** — this is called **active or dynamic treatment**. It helps the tendon **heal faster and stronger**, as it slowly adapts to **normal function**.



By setting the range of motion, VACOped helps the tendon heal at the right length — and later strengthens it through active rehabilitation.

The two main risks — an elongated tendon and re-rupture — are both prevented by VACOped, the gold standard in Achilles tendon care.

To avoid hip, knee or back pain, use an EVENup on the other leg to balance the height difference when wearing a boot or cast.

Contact for more Information

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