## Index

A	rehabilitation progress, 9
Achilles tendon (AT) repair	repetitive motion <i>in vitro</i> , 10
adhesions, 2	ruptured tendon ends palpation,
advantages, 2	arthroscopic probe, 2, 4
<u> </u>	suture passage, 7
arthroscope placement, distal	1 0
medial incision, 5	sutures tied, neutral position, 6–7
bilaterally operated patient, AT	Acute AT ruptures
rupture, 11	age and gender-matched control
cast immobilization, 2	subjects, 22
description, 1–2	cadaveric specimens, 20
direct visualization, 10	calf squeeze and Matles test, 16
disadvantages, 10	9 cm Mayo needle threading, 17
dorsi-and plantar-flex the ankle,	complications, AT rupture, 20
knee at 90° of flexion, 6–7	description, AT, 15
dorsiflexion, healthy side, 2, 3	distal stabs incisions, double loop
early weight-bearing and	of Maxon passage, 18–19
ambulation, 11–12	Fibrin glue, 20
endoscopy technique, 1–2	foot vs. resistance, males, 16
final stab wound closure with	intermediate superficial and deep
steristrips, 7, 8	wound infections, 21
immobilization and functional	Kessler method, 19
postoperative treatment, 10	pain and/or weakness, limbs, 16
isometric, eccentric and concentric	percutaneous technique, AT
exercises, 8	rupture, 19
local anaesthetic injection,	post-operative complications, 20
subcutaneous tissues, 3, 4	postoperative regimen, 19
patient's activities, 9	risk, hematoma formation, 21
PDS/Ethibond suture,	rupture and repair, 21
upper medial portal, 5-6	stab incisions and tendon
physiotherapy, 7–8	crisscrossing, 19

Acute AT ruptures (cont.) subcuticular Biosyn suture 3.0, 18 wound healing problems, 16, 22 Aircast boot with heel wedges, 50	E Ethibonds description, 71 gentle see-saw motion, 71, 73 insertion, 71, 72 neo-vessels breakage, 74 retrieval, distal incisions, 71, 72
Calf squeeze test, 16	Tetrievai, distai meisions, 71, 72
Carbocaina, 59	
Careful incision placement, 33	F
Cast immobilization, 2	Fibrin glue, 20
Chronic Achilles tendinopathy. See	3,
Percutaneous longitudinal	
tenotomies	Н
Chronic avulsions, invasive	Hemostasis, 57
reconstruction	
advantages, 51	
careful incision placement, 51	K
description, 45	Kessler method, 19
double-looped semitendinosus	
tendon graft, 47, 48 hamstrings tendon transfer and	М
screw fixation, 46	Matles test, 16
iatrogenic disruption,	Minimally invasive peroneus brevis
subcutaneous tissues and	tendon graft
paratenon, 46	advantages, 42
insertion, bioabsorbable	and AT, clip, 39, 40
interference screw, 50	careful incision placement, 43
para-midline and one distal	chronic tear, 36
Cincinnati incision, 46–47	description, 35
postoperative regimen, 50-51	distal Achilles tendon stump, 37
pre-operative anatomical markings,	distal wound, 39, 40
skin, 47	gastro-soleus AT complex, 42
proximal and distal Achilles tendon	harvesting, 39
stumps, 47	postoperative management, 41-42
semitendinosus tendon, proximal	pre-operative anatomical markings,
stump and calcaneus tunnel,	skin, 36
47–49	proximal tendon, 37–38
skin integrity and AT construction, 51	reconstruction, AT, 36
transcalcaneal suture technique, 46	stages, skin incisions, 36–37 sural nerve injury, 42
in vasculopathy and diabetic	transverse tenotomy, 41
patients, 51–52	Vicryl locking suture, 38
wire passed through tunnel, 47, 48	wound complications, 36
wound breakdown risk, 46, 51	Multiple percutaneous longitudinal
Cincinnati incision, 46, 47	tenotomies, 58
* *	, -

N	postoperative management, 31–32
Neo-vascularization	pre-operative anatomical
power Doppler ultrasound scan,	markings, 26
69–70	proximal stump,
tendinopathy, patients, 69	Achilles tendon, 28, 30
1 3/1 /	proximal tendon, 28
	reconstruction, Achilles tendon, 26
P	vasculopaths and diabetics, 33
Para-midline incision, 46	Vicryl locking suture, 28
Paratendinopathy management, 57	Pre-operative anatomical markings,
Percutaneous longitudinal tenotomies	skin, 26, 36, 47
athletic tendinopathy, 55	
blood tests, ECG and chest	
radiographs, 57	S
continuous prolonged intense	Semitendinosus tendon
functional demand, 56	calcaneus tunnel, 48, 49
DVT prophylaxis, 57	cannulated headed reamer, 47, 48
fibrotic adhesions, 56	proximal stump, AT, 47, 49
hemostasis, 57	skin integrity preservation, 51
history, examination and	Stripping, chronic AT
diagnosis, 56	arthroscopic approach, 70
multiple (see Multiple percutaneous	eccentric calf-muscle
longitudinal tenotomies)	contraction, 70
pain, calf and ankle, 56	Ethibonds, 71–73
paratendinopathy management, 57	etiology, pain, 69
paratenon and crural fascia, 57	Kager's triangle, AT, 70
post-operative management, 63	mosquito, proximal incisions, 71
post-operative mobilization, 66	neo-vascularization, 69-70
ultrasound guided (see Ultrasound	pathogenetic significance,
guided percutaneous tenotomy)	neovascularisation, 74
ultrasound scan, 57	postoperative regimen, 73
Peroneus brevis tendon graft	preparation and incisions, skin, 70
advantages, 32	reparative process, 74
careful incision placement, 33	subcutaneous and subcuticular
closed wounds, 29, 31	tissues, 71
description, 25	Velcro straps, 73
harvested, vertical, 2.5-3 cm	wound complications, 74
longitudinal incision, 28, 29	Subcuticular Biosyn suture 3.0, 18
incisions, 26	Sural nerve injury, 42
locking suture, bundles	
separation, 27, 28	
longitudinal and medial incisions, 27	T
medial to lateral, transverse	The Maffulli procedure. See Acute
tenotomy, 28, 30	Achilles tendon ruptures
one extremity passed, transverse	Transcalcaneal suture technique, 46
tenotomy 29 31	Transverse tenotomy, 41

## 80 Index

outpatients, 58

U
Ultrasound guided percutaneous
tenotomy
ankle dorsiflexion, 45° medial and
45° lateral inclination, 63, 64
blade inclining, 45° medial and 45°
lateral, 59, 62
blade penetration, Achilles tendon,
59, 60
Carbocaina, 59

passive ankle flexion, 59, 61

reversed 180°, blade, 63, 64 11-scalpel blade insertion, sharp edge pointing caudally, 59

V

Velcro straps, 73 Vicryl locking suture, 28, 38

W

Wound healing problems, 16, 22