

Achilles Ruptures: the dreaded injury feared by both “Weekend Warriors” and Professional Athletes! Achilles ruptures typically present with a sudden pain or a snapping sound on the back of your lower leg. You may notice difficulty walking or weakness when trying to push up on your toes. This is certainly a “season ending” injury for any athlete.



Green line represents the tiny incision used with Minimally Invasive Achilles Repair

But maybe this injury does not deserve its bad reputation! With newer, Minimally Invasive Achilles Rupture Repair techniques, tiny surgical incisions are used to repair the tendon. These modern techniques result in higher patient satisfaction and lower complication rates compared to traditional, open techniques utilizing large incisions. Once the incision has healed, patients are put in an accelerated rehabilitation program that utilizes full weight bearing in a walking boot and immediate physical therapy. No Cast needed!

Not all patients are good candidates for Minimally Invasive Achilles Rupture Repair surgery. Achilles ruptures can also be treated effectively with non-surgical techniques. But for athletes and patients who want to return to high-impact sports, Minimally Invasive Achilles Rupture Repair surgery results in greater strength and less chance of a re-rupture compared with non-surgical treatment.

Dr. Buchanan has over 15 years of experience utilizing the latest, Minimally Invasive Achilles Rupture Repair techniques to surgically repair your Achilles rupture. His goal is to return you to your pre-injury level of activity as quickly as possible.

Call 703-525-2200 to schedule a visit with Dr. Buchanan to discuss whether you are a good candidate for Minimally Invasive Achilles Rupture Repair.