

# Chronic Achilles Tendon Rupture

## Surgical reconstruction and post-operative outcomes

Achilles tendon ruptures are common, and the incidence is increasing. Despite that medical history and clinical examinations are considered to be sufficient in establishing the diagnosis, several Achilles tendon ruptures are being missed with a potentially delayed treatment. The combination of a delayed treatment by more than 4 weeks, and symptoms like long-term pain and an affected gait-pattern, classifies the Achilles tendon rupture as chronic. The purpose of this thesis was to examine the outcome of chronic Achilles tendon ruptures in terms of long-term functional outcomes, patient-reported outcomes, biomolecular changes and the economic healthcare costs.

Chronic Achilles tendon ruptures were found to have generally good functional and patient-reported outcomes to a reasonable cost. An endoscopically-assisted reconstruction with a semitendinosus graft produced satisfactory results when compared to previous techniques. There is still a lack of knowledge on how patients are affected by chronic Achilles tendon ruptures and how to optimize the treatment in the future. Larger cohorts with matched controls are needed to fully understand these ruptures and the impairments they imply.



**Niklas Nilsson** is an aspiring resident in general medicine with a great interest in orthopaedic surgery and rehabilitation. He hopes to continuously help patients with chronic Achilles tendon ruptures in the future.

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**SAHLGRENKA ACADEMY**  
**INSTITUTE OF CLINICAL SCIENCES**

