

CHRONIC ACHILLES TENDON RUPTURE REPAIRED USING PARS JIG SYSTEM: A CASE REPORT

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Introduction: Chronic Achilles tendon (AT) injury is a common injury but challenging to deal with. Despite multiple protocols available, there are no evidence-based consensus. Minimal invasive procedures become popular due to good functional outcome with less complications.

Discussion: 57 years old gentleman complaining of sudden onset of right heel pain from sitting to standing for 4 weeks. It is associated with weak plantarflexion and fatigue over prolonged ambulation. He had prior history of corticosteroid injection over the region due to persistent heel pain upon ambulation and climbing stairs. Post injection, pain was resolved until suddenly he started to developed plantarflexion weakness. Otherwise he denies any direct trauma towards the region or rigorous sports activity prior to these episodes. Clinically, he was ambulating with slightly over-pronation of right ankle with assistance of walking stick. On local examination there was palpable gap over heel region with failure to performed single heel raise test. Matles and Thompson test were positive. There was no gastrocnemius muscle atrophy. Plain radiograph of right ankle shows no degenerative changes. Magnetic resonance imaging of right ankle shows complete tear of (AT) 1cm near to its insertion with gap of 2cm. Blood investigation was unremarkable. He underwent (AT) mid substance repair using PARS jig system. There was no immediate complication seen. He was discharged well with weight bearing as tolerated using ankle brace and changed 2 weekly from plantarflexion, plantigrade and dorsiflexion. He was able to perform single heel raise test 4 months post-operative.

Conclusion: Despite of acute (AT) injury is a clinical diagnosis; it still could be missed and leads to chronic injury. Due to complexities in managing such injury, surgeons are left to dealt with high rate complications from open surgery as well as few options of reconstruction. However, with advancement of technology, minimally invasive technique may offer alternative pathway.