

## **A HOP THAT POP: A CASE OF ACUTE ACHILLES TENDON RUPTURE FOLLOWING SINGLE LEG HOP TEST**

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**Introduction:** Single-leg hop tests (SLHT) are commonly performed to evaluate functional performance and the discriminative ability to detect leg asymmetries commonly used in post anterior cruciate ligament (ACL) reconstructed patient. Despite being used as rehabilitation exercise for patient with Achilles tendon (TA) tendinopathy, this test paradoxically will put the TA at risk to rupture. We reported a case of acute TA rupture in a patient performing the SLHT.

**Discussion:** SLHT was tested with patient standing on one limb and the distance hop forward as far as possible while landing on the same limb & maintaining it for minimum of 2 seconds is recorded. A 32 years old gentleman came for our outpatient clinic visit for his post right ACL reconstruction surgery rehabilitation. Routine clinical assessment does not reveal any TA pathology. Patient was able to perform double leg hop test forward & sideways as part of his warm up session. Explanation and demonstration to patient on SLHT was done and initial trial with his left leg (non-operated leg) was uneventful. While attempting to propulse during the test, a pop sound was heard and he fell forward. He complained of left ankle pain and unable to weight bear. Simmonds-Thompson' test on the left ankle was positive confirming the diagnosis of acute left Tendon Achilles rupture. Patient then successfully went for left TA repair with gastrocnemius turn down technique.

**Conclusion:** SLHT is a good predictor to asses functional performance of a limb. Though rare but catastrophic injury such as TA rupture following this test should be considered. There are limited papers discussing on the adequacies of appropriate warm up & stretching prior to SLHT. A standard protocol of pre- SLHT preparation should be developed to minimise risk of injuries.