

## Le Tour De PARS

<sup>1</sup>Tashi D, <sup>1</sup>Nor Hamdan F, <sup>1</sup>TMS Tengku Muzaffar

<sup>1</sup>Department of Orthopaedics, School of Medical Sciences, Universiti Sains Malaysia, 16150 Health Campus, Kubang Kerian, Kota Bharu, Kelantan, Malaysia

### INTRODUCTION

The strongest tendon, the Achilles tendon, ruptures frequently, especially in young athletes. The optimal treatment method remains controversial; it can involve surgery or non-operative measures. Over time, surgical interventions have evolved to address specific options' complication. Operative treatment includes open repair, percutaneous and minimally invasive repair. We share our experience employing mini-invasive technique, Percutaneous Achilles Repair System (PARS), a special device.

### CASE REPORT

We present a 32-year-old man, previously well with a history of fall while playing badminton sustaining pain at left Achilles. On clinical examination, presence of tenderness over left Achilles tendon with a palpable gap was noted. Thompson test was positive. Percutaneous Achilles Repair System (PARS) jig was used for the first time to repair Achilles tendon. Through small transverse incision, the jig was inserted beneath the paratenon of proximal ruptured stump and the needles passed percutaneous through the jig. The jig is reversed, and the same procedure is repeated for distal stump. Proximal and distal color-coded sutures are tied sequentially, repairing the tendon.



### CONCLUSION

Mini-invasive procedure lessens postoperative complications, especially wound infection compared to open repair and the likelihood of nerve entrapment, a complication of percutaneous repair. Studies have reported good functional outcome with a greater number of patients returning to baseline physical activities earlier. If the cost of the treatment is ignored, it might be a wise choice.

### REFERENCES

1. Grassi, Alberto; Amendola, Annunziato. Et al. Minimally Invasive Versus Open Repair for Acute Achilles Tendon Rupture: Meta-Analysis Showing Reduced Complications, with Similar Outcomes, After Minimally Invasive Surgery. *The Journal of Bone and Joint Surgery* 100(22)
2. Park CH, Na HD, Chang MC. Clinical Outcomes of Minimally Invasive Repair Using Ring Forceps for Acute Achilles Tendon Rupture. *J Foot Ankle Surg.* 2021 Mar-Apr;60(2):237-241.