

Innovative Approach to Achilles Tendon Repair: A Percutaneous Case Report

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INTRODUCTION

The Achilles tendon is widely recognized as the strongest tendon in the human body, yet it remains vulnerable to injuries, particularly in today's era of increasing participation in recreational sports. Here, we present a case involving a 33-year-old male who underwent successful percutaneous repair of an Achilles tendon rupture and is currently progressing well in his recovery.

CASE REPORT:

A 32-year-old male, sustained a sports injury while playing badminton. Following the incident, the patient experienced difficulty ambulating and underwent an ultrasound examination, revealing a total rupture of the Achilles tendon. Plain radiographs did not indicate any avulsion at the tendon insertion site. Subsequently, the patient underwent percutaneous Achilles tendon repair.

A horizontal incision was made approximately 1 cm proximal to the site of Achilles tendon rupture. The PARS jig system was then introduced through one of these incisions. The midsubstance rupture was identified under direct vision and sutures were passed through using a needle guide. Then the torn tendon was approximated and sutured. Postoperatively, the patient was placed in a dorsal splint for a total of 2 weeks. The patient continues to follow up with our clinic and has regained the ability to ambulate without assistance.

CONCLUSION:

Percutaneous repair of the Achilles tendon is an effective procedure which gives excellent functional outcome with very few complications. The percutaneous technique gives an additional advantage of less operative time, no wound complications, less damage to the soft tissues, and improved cosmesis as compared to the open repair.



Figure 1: jig inserted for the suture insertion



Figure 2: post insertion of sutures

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