







Treatment plan in co-operation with  
West Hertfordshire Hospitals NHS Trust

**Mr leong** - Consultant Orthopaedic Surgeon Specialising in foot and ankle surgery  
www.hertfordshirefootandankle.co.uk

Treatment week	1	2	3	4	5	6	7	8	9-11	12-13
<b>Achilles Tendon Rupture (non-operative management)</b>										
	Equinus Cast		VACOped boot Locked plantar flexion 30°			VACOped boot Dynamic plantar flexion 15° - 30°		VACOped boot Dynamic plantar flexion 0° - 30°		Supportive footwear
			Patient referred to physiotherapy. Boot worn at all times.			The Vacoped boot should be worn at all times, except for hygiene. You should not put weight on your foot out of the boot at any time.		Physiotherapy to start. Go into the flat sole. The Vacoped boot should be worn at all times, except for hygiene. You should not put weight on your foot out of the boot at any time.		Provide a single heel lift. Remove boot and change to a flat shoe with single heel raise for 2-4 weeks. The boot can be worn in vulnerable environments, if necessary.

Patient name \_\_\_\_\_  
Comments \_\_\_\_\_  
\_\_\_\_\_

- Phase 1** ■ NWB (Non Weight Bearing)
- Phase 2** ■ WBAT (Weight Bearing As Tolerated)
- Phase 3** ■ FWB (Full Weight Bearing)



**Open range of motion for joint mobility**



**Physiotherapy**



**Fixed at 90°**



**Achill-sole**



**Scan for video application**

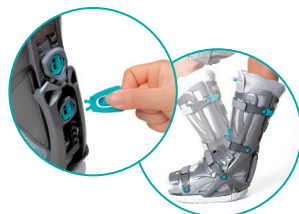
<https://www.youtube.com/watch?v=hJgBvpZYDq4>

## Provides you safety due to stability



Before your fracture or injury is fixed by an operation or in the early post-operative phase, the injured site needs to be stabilised properly. The VACOped System provides you maximum safety during this critical phase, due to the patented vacuum technology combined with the rigid outer shell.

## You are back on your feet earlier



Controlled joint movement is highly beneficial after the critical initial healing phase. Regaining functionality becomes the highest priority. Range of motion (ROM) can be set in 5°-steps on your VACOped and VACOachill, your medical practitioner will tailor an effective treatment protocol allowing as much movement as possible according to the individual healing phase of your injury.

## Comfortable hygiene & wound control



The VACOped System is easy and fast to put on and take off, this allows you to wash your feet. Two liners are supplied allowing you to wash one and use the second, which comes with the kit.

Each time it moulds perfectly to the shape of your limb due to the vacuum technology, ensuring there is no pressure on the wound.

Your medical practitioner can easily check the wound, helping to reduce the risk of infection occurring.

Physiotherapy can be done at any time.

You should also wear your VACOped System during the night. The removable sole keeps your bed linen clean.

## Weight bearing control will maximise your safety



The Clickdisk System provides you with additional safety during your recovery process by giving an audible click, should you exceed the suggested weight bear range. If you wish to use the Clickdisk with your VACOped, please ask your physician.