

Specific Question:

In patients with non-operatively (conservatively) managed tendo-achilles (TA) ruptures, is accelerated rehabilitation superior to routine rehabilitation for reducing pain and return to function time, without increasing adverse events of tendon lengthening and re-rupture rates?

Clinical bottom line

In patients with non-operatively (conservatively) managed TA ruptures, there is no evidence that compares an accelerated rehabilitation programme against routine rehabilitation.

Within the papers reviewed for the CAT process the exercise parameters which define routine rehabilitation are poorly reported.

There is insufficient evidence to change current clinical practice and further research is needed to compare the effects of an accelerated rehabilitation programme against routine rehabilitation for reducing pain and return to function time, without increasing adverse events of tendon lengthening and re-rupture rates in patients with non-operatively (conservatively) managed TA ruptures.

Why is this important?

Patients with conservatively managed TA ruptures are often referred to physiotherapy following a period of immobilisation and progression from equinas to plantar grade. It is unknown whether accelerated rehabilitation (progressive strengthening introduced at an earlier stage of the rehabilitation process) after immobilisation is superior to routine care, if there are any additional complications such as tendon lengthening or re-rupture rates following accelerated rehabilitation.

Search timeframe (e.g. 2006-2016)

Inclusion Criteria

	Description	Search terms
Population and Setting	Patients with first time tendo-achilles ruptures managed conservatively	Patients with conservatively/ non operatively managed tendon-Achilles ruptures
Intervention or Exposure	Non operative/conservative management accelerated rehabilitation /physiotherapy/strengthening exercises	Accelerated Rehabilitation Early strengthening/ loaded exercises

Getting Evidence into Clinical Practice:
Musculoskeletal Research Facilitation Group (CAT Group)
Date:19.11.2016

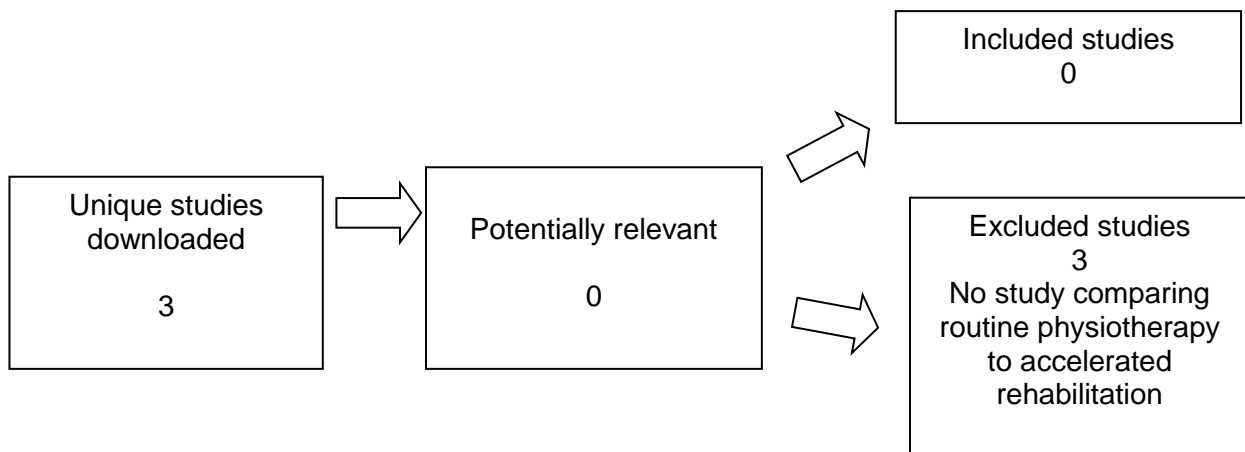
Comparison, if any	Non operative/conservative management with rehabilitation /physiotherapy/strengthening exercises	Routine exercise Routine physiotherapy
Outcomes of interest	Pain Return to function/sports Re-Rupture rate Tendon lengthening	Pain Return to function/sports Re-rupture rate Tendon lengthening
Types of studies	Randomised controlled trials and systematic reviews	

Routine Databases Searched

Clinical Knowledge Summaries, PEDro, BMJ Updates, Clinical Evidence, TRIP, Database, NICE, HTA, Bandolier, The Cochrane Library, Medline, Cinahl, Embase, PsycInfo, Professional websites. Joanna Briggs Institute, Web of Science, Sports Discus and Pub Med

Date of search- 2016

Results of the search



The three studies were excluded as they did not answer the CAT question. Of the studies reviewed none compared routine care against an accelerated program.

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Date CAT completed: 19.11.2016
Date CAT to be reviewed: 19.11.2018

Summary

There is insufficient evidence to change current clinical practice and further research is needed to compare the effects of an accelerated rehabilitation programme against routine rehabilitation for reducing pain and return to function time, without increasing adverse events of tendon lengthening and re-rupture rates in patients with non-operatively (conservatively) managed TA ruptures.

Implications for Practice/research

Further research is needed to compare the effects of an accelerated rehabilitation programme against routine rehabilitation for reducing pain and return to function time, without increasing adverse events of tendon lengthening and re-rupture rates in patients with non-operatively (conservatively) managed TA ruptures.

The exercise parameters which define routine rehabilitation are poorly reported on. A better understanding of the exercise components in routine rehabilitation of conservatively managed TA ruptures may result in better treatment outcomes or explanation into the occurrence of adverse events such as re-rupture rates or tendon lengthening.

What would you tweet? (140 characters)

In patients with conservatively managed TA ruptures, there is no evidence comparing accelerated rehabilitation programme against routine rehabilitation