

ACHILLES TENDON RUPTURES



Achilles tendon ruptures have been on the rise in recent years and this rise is thought to be due to an increasing number of older adults who now participate in high-demand sports or activities. The management strategy is still somewhat controversial with differing opinions on if a repair is needed or not. There are also different treatment strategies regarding the healing of the tendon operatively and non-operatively in regards to prolonged immobilization and early weight bearing. Achilles tendinopathy is another common condition that can lead to Achilles tendon ruptures in the future if not properly treated and cared for. The purpose of this course is to provide healthcare providers with information regarding treatment and management of patients with an Achilles tendon injury in order to reach maximal functional outcomes. This course will describe relevant anatomy, explain treatment and interventions regarding operative and non-operative care of Achilles tendon ruptures as well as the treatment of Achilles tendinopathy.

Upon completion of this course, you will be able to learn:

- The anatomy related to Achilles tendon injuries and repair of an Achilles tendon rupture.
- The signs and symptoms of an Achilles injury or rupture.
- The common causes of Achilles tendon ruptures.
- The risk factors for Achilles tendon ruptures.
- Define Achilles tendinopathy and discuss treatment options.
- Describe Prevention of Achilles tendon injuries.
- Understand diagnostic testing for Achilles tendon injuries.
- Describe surgical vs. non-surgical treatment options for Achilles tendon ruptures and treatment strategies
- Describe overview of surgical procedure to repair Achilles tendon rupture.
- Develop a non-surgical protocol for treatment of Achilles ruptures.
- Develop a surgical post-operative rehabilitation protocol for treatment of Achilles ruptures with surgical repair.
- The elements of physical therapy objective examination for Achilles tendon ruptures; surgical and non-surgical.
- Understanding taping techniques to aide in the rehabilitation of Achilles tendon injuries and post-operative recovery.

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Contact Hours : 5 Hours / 5 PDR

Teaching Method : Online Independent Self-Study (Training + Post-Test)

Target Audience: PTs, PTAs, OTs, OTAs, Nursing and Other Healthcare Professionals

Cost: \$40 / Participant

Course Completion Certificate : A Printable (Pdf) Certificate By Email

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