

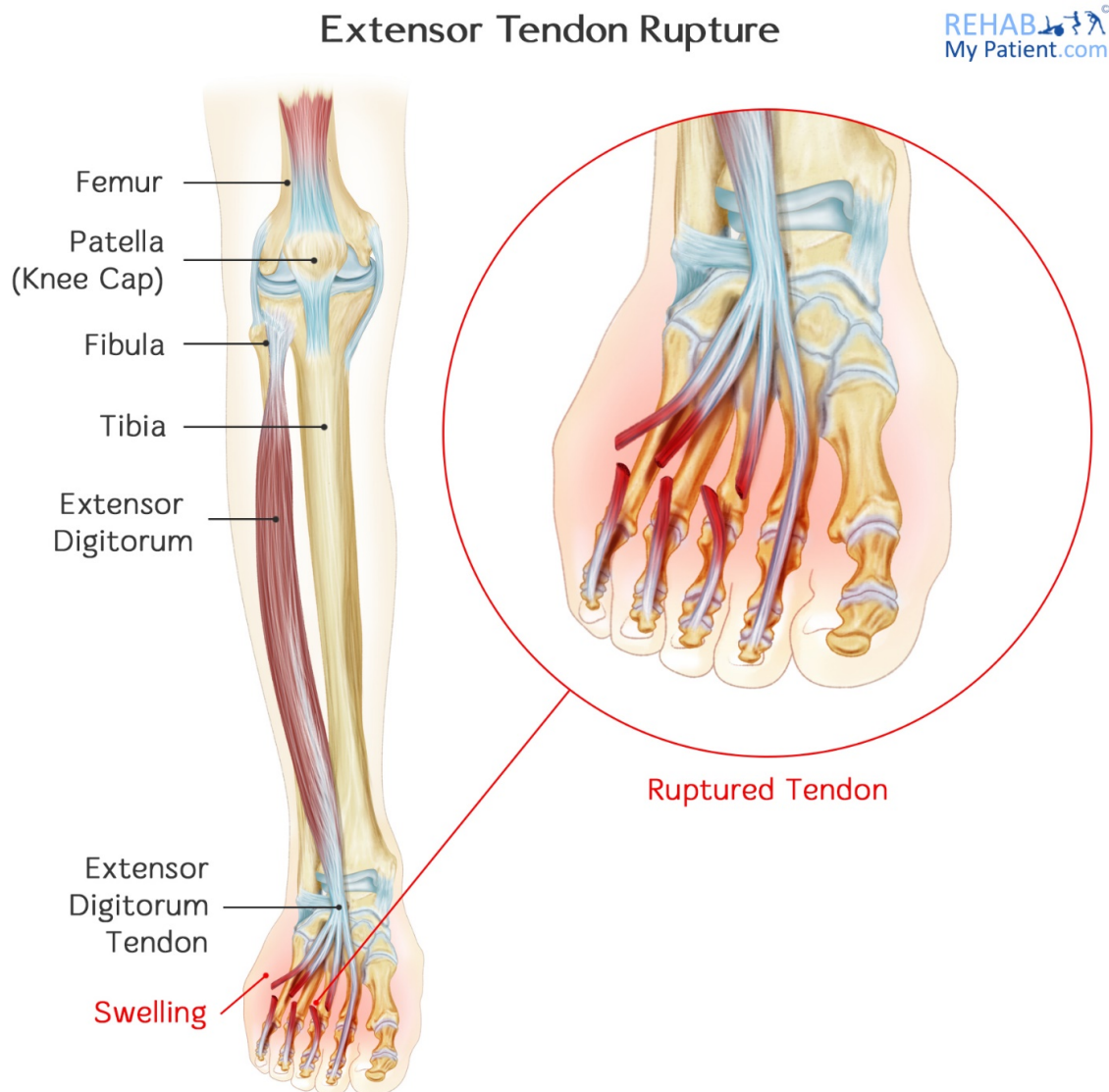
Extensor Tendon Rupture (Foot)

Tendon ruptures are a type of injury affecting the front of the lower leg or the top of the foot. It most commonly occurs in those who play sport and is very rare from anything other than sport. This tendon is a strong, fibrous cord connecting the muscles in the front of the shin to the foot. If you end up overstretching the tendon, it can end up rupturing. It can rupture partially or completely.

For those who have a tendon rupture, you might end up feeling a snap or a pop, which is followed by an immediate pain in the front of the shin, or the rear of the ankle and the lower leg affecting your abilities to properly walk. Depending on how severe the condition is, you might need surgery to correct the problem. For the majority of people, non-surgical treatments tend to work extremely well.

Extensor Tendon Rupture Anatomy

The extensor tendons for the toes are fibrous extensions for the muscles located along the front side of the lower leg, which help to extend the toes. Two main extensor tendons are present: the extensor digitorum longus tendon and the extensor hallucis longus tendon. Both of these tendons pass along the front of the ankle traveling up to the surface of the foot before finally being inserted into the bones of the toes. The tendons help to extend the toes when climbing or walking.



How to Treat an Extensor Tendon Rupture:

1. Non-Surgical

This method often involves wearing a cast or using a boot that has wedges to elevate your heels, which allows the ruptured tendon time to heal. Since this method avoids a lot of risks, such as that of an infection, it is proven to be quite effective. The chance of a rupturing occurring again is a lot higher with this approach, plus recovery tends to take a lot longer. If the rupture occurs again, you might have to go through surgery to correct the problem.

2. Surgery

Surgery is quite common for treating a complete rupture in the tendon. The procedure often involves making an incision along the back part of your lower leg and then stitching the torn tendon back together again. Based upon the condition of the torn tissue, repairs might need to be reinforced with the other tendons. Complications from the surgery often include nerve damage and infection. Surgeries that have a smaller incision will often have minimal rates of infection.

3. Rehabilitation

After treatment has occurred, regardless of whether it is nonsurgical or surgical, you will end up going through a rehab program involving physical therapy to help strengthen the tendon and the leg muscles. Most people are able to return to their original activity levels within four to six months. Manual therapy can help reduce inflammation using electrotherapy, acupuncture and LASER.

Tips:

- The average age for tendon ruptures is between 30 and 40.
- A rupture tends to occur five times more often in men than it does in women.
- Tendon ruptures tend to occur more often in those that participate in sports involving running, sudden starts, jumping and sudden stops.
- Doctors will sometimes inject the ankle joint with steroids to reduce inflammation and pain.
- Always rehabilitate with your therapist. www.rehabmypatient.com therapists will prescribe exercises for you to follow.