

Patient Information

Application and use of a Vacoped Boot following Achilles Tendon Rupture

You have had an injury to your Achilles tendon. This tendon attaches your calf muscle to your heel bone. It enables you to walk normally by allowing your foot to move from a standing position to your toes being pointed down (Equinus).

Recovery from an Achilles injury takes several months and you will be referred to the Physiotherapists as part of your rehabilitation.

What is a Vacoped and why do I need it?

The Vacoped boot has a solid plastic shell with a soft liner containing a vacuum cushion. By removing the air from the vacuum your lower leg will be kept in the correct position to enable the injured tendon to repair.



Over a period of 10 weeks in the boot you will be able to adjust the angle in which your foot and ankle will be held to gradually return them to a standing position. You will start with a heeled sole on the boot and progress to a flat sole.

Your boot will be fitted by the Orthopaedic staff and you will be given full instructions on how and when to adjust the angles post injury and how to remove or change the sole of the boot.

When to adjust the angles

Week 0-1 post injury- You will be placed in a plaster backslab in equinus (toes pointing down) and mobilise non-weight bearing with crutches.

Week 1-2 - You will be fitted with a Vacoped boot locked at 30 degrees (position 3). You will be able to fully weight bear, with crutches for support as pain allows.

Week 3 By using the key at the back of the boot unlock the lower blue screw, lift and lower it down one notch (5 degrees), then relock the screw. This allows controlled ankle movement to begin which will assist tendon repair.



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Repeat this process weekly, lowering the screw down 1 notch at a time until you have 0-10 degrees of movement (position 1). At this point replace the heeled sole with the flat sole. Continue to move the screw one notch per week until you reach the bottom notch (approximately Week 8)

www.foot.oped-uk/vacoped



Occasionally your surgeon will advise deviations due to your injury or health.

When should I remove the boot?

You will need to wear the boot for a period of 10 weeks. You can remove it for hygiene needs and to adjust the vacuum lining but must not put any weight through your foot with the boot removed and in the first two to three weeks should not move your ankle at all when not wearing the boot.

You must sleep in the boot but the sole can be removed at bedtime.

After approximately 10 weeks you will be reviewed in an Orthopaedic clinic and will be fitted with a heel raise that can be placed into your normal footwear.

You will continue your rehabilitation under the guidance of the Physiotherapists with the aim of strengthening the tendon and reducing the risk of re-rupture.

For further advice or if you have any concerns please contact Plaster Room on 01793 604568. Monday to Friday 8.45 – 17.00

NHS 111- out of hours

Smoking will not be permitted on any NHS site in England. Smoking will not be permitted within any of our buildings or anywhere outside on our sites. Smoking facilities will not be provided. Please be considerate of others when vaping in hospital grounds.

This information sheet is available to order in other languages and formats. If you would like a copy, please contact us on 01793 604031 or email gwh.pals@nhs.net

Document Control

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