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Ruptured Achilles tendon 2 weeks or 8 weeks in a cast

There is a new way of treating full ruptures of Achilles tendon. A trial in 2020 found that 2 weeks in a cast followed by 6 weeks in a graduated moon boot was as good as 8 weeks in a cast when evaluated 9 months later.¹

The results found that re-rupture was 6% in the cast and 5% in the moon boot. The moon boot option was cheaper. There is an Auckland protocol that starts weight bearing at 6 weeks with removal of the boot at night and full weight-bearing by 8 weeks.²

References:

1. Plaster cast versus functional brace for non-surgical treatment of Achilles tendon rupture (UKSTAR): a multicentre randomised controlled trial and economic evaluation. Lancet (2020). [View here](#)
2. Achilles Tendon Rupture. Axis Sports Medicine [View here](#)

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