









Treatment week	1	2	3	4	5	6	7	8	9	10	11	12
<b>Achilles Tendon Rupture (surgical and non-surgical)</b>												
	Plaster of Paris Equinus	VACOPed 30°	VACOPed 15°-30°	VACOPed 0°-30°	VACOPed 0°-30°	VACOPed 0°-30°						
	Elevation. Toe and knee exs. Global strength exs. (e.g. straight leg raise exs.). Static calf contractions	WBAT with elbow crutches. Sole removed for bed. Continue global strengthening	WBAT with elbow crutches. Isometric bilat. standing & seated heel raises (in VACOPed)	Progress to FWB. Change of sole (plus minus heel wedge in the shoe). Isometric theraband exercises (0-30° PF). Through range standing & seated PF in VACOPed	FWB. Progress walking tolerance/endurance and exercises	Consider heel raise in shoe if required. Progress frequency, volume, resistance of strength exercises. Take care not to over dorsiflex (bring foot up)						

Patient name \_\_\_\_\_  
 Comments \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

- Phase 1**  NWB (Non Weight Bearing)
- Phase 2**  WBAT (Weight Bearing As Tolerated)
- Phase 3**  FWB (Full Weight Bearing)



**Open range of motion for joint mobility**



**Physiotherapy**



**Fixed at 90°**



**Achill-sole**



**Scan for video application**

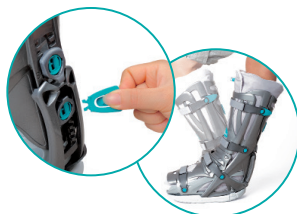
<https://www.youtube.com/watch?v=hJgBvpZYDq4>

## Provides you safety due to stability



Before your fracture or injury is fixed by an operation or in the early post-operative phase, the injured site needs to be stabilised properly. The VACOPed System provides you maximum safety during this critical phase, due to the patented vacuum technology combined with the rigid outer shell.

## You are back on your feet earlier



Controlled joint movement is highly beneficial after the critical initial healing phase. Regaining functionality becomes the highest priority. Range of motion (ROM) can be set in 5°-steps on your VACOPed and VACOachill, your medical practitioner will tailor an effective treatment protocol allowing as much movement as possible according to the individual healing phase of your injury.

## Comfortable hygiene & wound control



The VACOPed System is easy and fast to put on and take off, this allows you to wash your feet. Two liners are supplied allowing you to wash one and use the second, which comes with the kit.

Each time it moulds perfectly to the shape of your limb due to the vacuum technology, ensuring there is no pressure on the wound.

Your medical practitioner can easily check the wound, helping to reduce the risk of infection occurring.

Physiotherapy can be done at any time.

You should also wear your VACOPed System during the night. The removable sole keeps your bed linen clean.

## Guideline Value for Shoe Sizes

Small	Medium	Large
2 ½ - 6 ½	6 ½ - 10 ½	10 ½ - 14

**Recommendation: At the size interfaces between the Small/Medium and Medium/Large versions, supply the smaller VACOPed size if possible.**