

Emerging evidence from randomized controlled trials and the rates of surgery for acute Achilles tendon rupture. Nationwide Finnish register data from 1987 to 2011.

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Introduktion.

Acute Achilles tendon ruptures are common among highly active people. In the past few years, published reports have provided increasing evidence to support nonsurgical treatment (1).

Patienter och Material.

We conducted a nationwide hospital discharge register-based study. All patients 18 years of age or older admitted to hospital with a primary or secondary diagnosis of acute Achilles tendon injury, and treated with Achilles tendon repair from 1987 to 2011 in Finland were included.

Resultat.

During the 25-year study period in Finland, a total of 15,252 patients received surgical treatment for an acute Achilles tendon rupture. The incidence of surgical treatment of acute Achilles tendon rupture in men was 11.1 per 100,000 person-years in 1987 and 20.5 per 100,000 person-years in 2011. The corresponding figures in women were 2.5 per 100,000 person-years in 1987 and 4.2 per 100,000 person-years in 2011. The highest rates occurred in 2008 in men and 2007 in women, and since then the decrease has been 42% in men and 55% in women.

Diskussion.

During the past few years, the rate of surgically treated acute Achilles tendon ruptures has declined dramatically. The findings of the present study indicate that orthopedic surgeons in Finland have, along with evidence from recent high quality randomized controlled trials, chosen more often conservative treatment option for acute Achilles ruptures

Referens.

(1.) Soroceanu, A.; Sidhwa, F.; Aarabi, S.; Kaufman, A.; and Glazebrook, M.: Surgical versus nonsurgical treatment of acute achilles tendon rupture: a meta-analysis of randomized trials. J Bone Joint Surg Am, 94(23): 2136-43, 2012