

Surgery & Integrative Medicine

November 17-18, 2025 | London, UK



Khaled Ibrahim, Masroor Ahmed –first author/
Mohammad J. Faisal/ Mayank Kumar/ Prerana
Gogoi/ Maija Krkovic/ Ahmad W. Mohamed

Cambridge University Hospitals Foundation trust,
Cambridge, United Kingdom

Evaluation of Suspected Achilles Tendon Rupture Managed Through Virtual Fracture Clinic Pathway in Busy Major Trauma Centre

Introduction

Achilles tendon rupture is among the most common tendon injuries, typically affecting active individuals in younger age groups. These injuries can be effectively assessed and managed through virtual fracture clinics (VFCs) once patients present to the emergency department (ED) with suspected ruptures. This study evaluates the management pathway and outcomes of patients with suspected Achilles tendon ruptures referred to the VFC of a major trauma centre.

Materials and Methods

This retrospective study included all patients referred from the ED to the VFC with suspected Achilles tendon ruptures. Data were obtained from electronic medical records and patient notes, then analysed using SPSS Statistics version 20.0 (IBM Corp., Armonk, NY, USA). Variables included patient demographics, side affected, ultrasound findings (full or partial tear, gastrocnemius tear, chronic tendinosis, or no tear), and treatment modality (conservative or surgical).

Results

A total of 170 patients were identified. Ten patients lacked ultrasound assessments, and three did not attend follow-up, leaving 157 patients included in the analysis. The mean age was 46.7 years. Of these, 119 (75.8%) were male and 38 (24.2%) female. The right side was affected in 89 (56.7%) and the left in 68 (43.3%) patients. Ultrasound revealed 94 complete ruptures (59.9%), 41 partial tears (26.1%), two chronic tendinosis cases (1.3%), three gastrocnemius tears (1.9%), and 17 normal scans (10.8%).

Conclusion

Virtual fracture clinics provide an efficient and safe pathway for managing suspected Achilles tendon ruptures referred from the ED. This approach reduces missed injuries, standardises care, and offers a reproducible model for managing soft tissue trauma within a busy trauma centre.

Categories

Trauma, Quality Improvement, Orthopaedics

Biography

Dr. Khaled Ibrahim is a driven and compassionate healthcare professional who blends clinical excellence, evidence-based practice, and teamwork to improve patient outcomes. He is committed to ongoing learning, research, and collaboration, striving to contribute meaningfully to the advancement of medical care.