

# Does the addition of an isokinetic speed programme improve outcomes in patients receiving a unilateral primary Achilles tendon repair

## **Clinical Bottom Line**

No literature was found on the use of isokinetic programmes as part of the rehabilitation programme following primary Achilles tendon repair.

## **Criteria for Critically Appraised Topic**

### ***Population:***

Adult patients with primary surgical repair of Achilles tendon  
Age range 18-70

### ***Intervention:***

Isokinetic rehabilitation programme – all doses  
Programme containing isokinetic rehabilitation- all doses

### ***Comparison:***

Routine rehabilitation without isokinetic rehabilitation

### ***Outcomes:***

- ***Primary Outcomes:***

Calf strength  
Calf raise

- ***Secondary outcomes:***

Return to function, return to work,, return to sport, gait, muscle bulk, proprioception, muscle density, ultrasound

***Inclusions:*** Adults, unilateral repair, primary repair

***Exclusions:*** 16 and under, bilateral repair, secondary repair or reconstruction,

### **Search Terms used**

Isodynamics, Isokinetics, calf, muscle, gastrocnemius, tendo- achiles, triceps surae, plantaris, Achilles tendon, surgery, repair, primary repair, physiotherapy, exercise, rehabilitation, ankle, tendon , function, return to work, calf strength, return to sport, gait. Percuaneous, isokinetic speed, ultrasound, equipment. Exercise test, torque, biomechanics

### ***Databases Searched:***

Cochrane	Pedro	PsychINFO	Medline
Clinical Evidence	Bandolier	NELH	Professional Websites
Clinical Guidelines	NICE	HTA	Sports discus
Rehab Data	CINAHL	Embase	

### ***Types of study included:***

Systematic reviews, randomised control trials,

### ***Key words searched:***

See above

### ***Time Frame:***

**1990- 2007**

## Available Evidence

Database Searched (Specific to CAT)	Number of abstracts	Number of Relevant Abstracts
Cochrane		
Pedro		
Medline		
CINAHL		
Embase		
Clinical Evidence		
PyschINFO		
OT Seeker		
Bandolier		
<b>Total</b>		

### Results:

No articles were found

### Articles assessed:

### Implications for practice

There was no evidence available to support or not support the use of isokinetic equipment in the rehabilitation of primary Achilles tendon repairs.

### References