

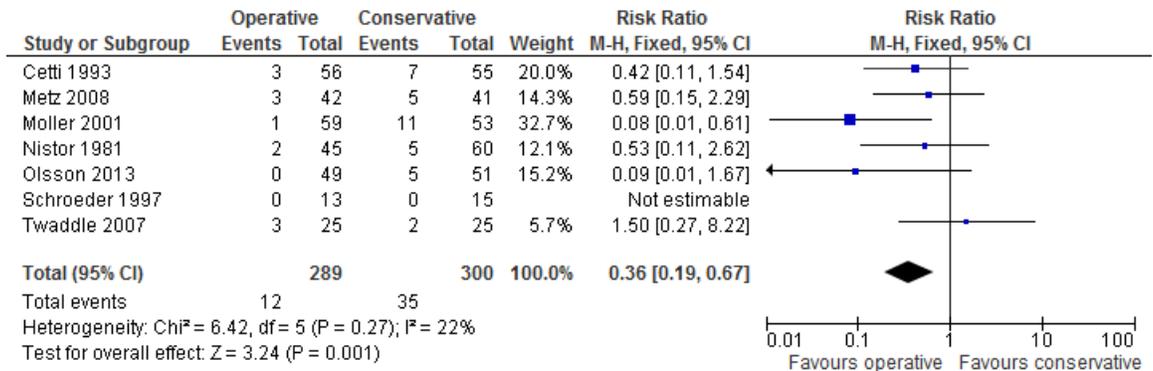
Olsson N, Silbernagel KG, et al. Stable surgical repair with accelerated rehabilitation versus nonsurgical treatment for acute Achilles tendon ruptures: a randomized controlled study. Am J Sports Med. 2013;41(12):2867-76.

Design: randomized clinical trial

Purpose of study: to compare the effects of surgical repair and early rehabilitation with the effects of nonoperative treatment in patients with an acute Achilles tendon rupture

Reasons not to cite as evidence:

- The basic design is satisfactory, but the conclusion that the outcomes are equivalent between surgical and nonsurgical treatment presents some difficulties
- There were no reruptures among 49 operated patients and there were 5 reruptures among 51 non-operated patients
- While the p value by Fisher’s exact test is greater than 0.05, making this difference statistically non-significant, the difference may easily point to a greater risk of rerupture with a non-operated approach to an acute tendon rupture
- If the results from the current study are combined with those of a previously published meta-analysis (Khan 2010), the pooled risk of rerupture favor surgical repair over nonoperative treatment, where the risk of rerupture is less than half with surgery than without



- The study taken by itself would present an underestimate of the risk of rerupture if nonoperative treatment is chosen for acute Achilles tendon rupture