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Title: Closing the gap on Achilles tendon rupture: A cadaveric study quantifying the tendon apposition achieved with commonly used immobilisation practices

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Closing the gap on Achilles tendon rupture: A cadaveric study quantifying the tendon apposition achieved with commonly used immobilisation practices

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Highlights

- Equinus casts provide greater tendon apposition than equinus boots.
- In functional boots a 1cm wedge removal decreases the tendon apposition by approximately 5mm.
- Our study supports the early use of an equinus cast in Achilles ruptures.

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