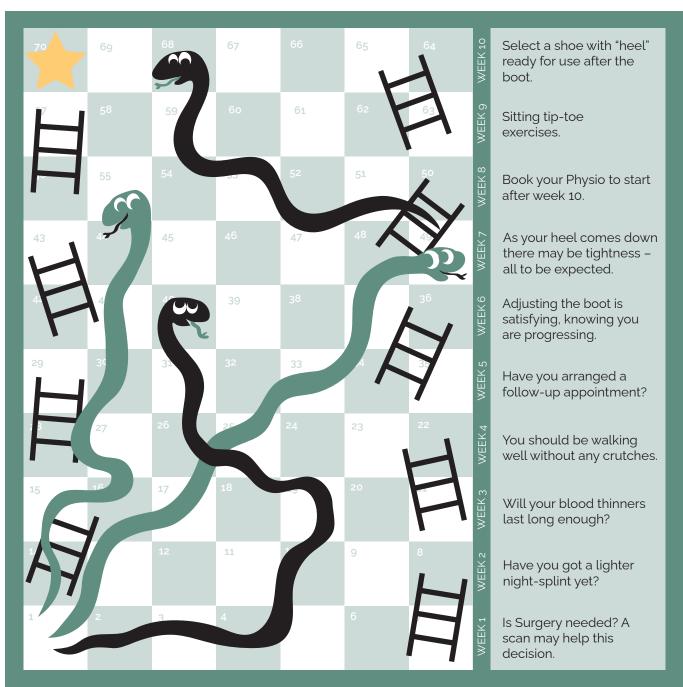
Achilles Tendon Rupture Recovery Journey



TOES DOWN AT ALL TIMES - DAY AND NIGHT - 24/7

Recovery is a game of Snakes and Ladders. Each week brings progress, but **one mistake** can set you right **back to square one.**



CAUTION: Your foot only needs to come up ONCE to 'hit a snake' and go right back to square one. This is because if your foot comes up, the torn ends of the tendon pull apart again. Be seated and maintain tip toe position e.g. when boot off for washing.