ISRCTN29053307 https://doi.org/10.1186/ISRCTN29053307

Ruptured Achilles Tendon Trial: Comparing operative and non-operative management for patients with rupture of the Achilles tendon using immediate weight bearing

Submission date
07/07/2010

Recruitment status
No longer recruiting

Registration date
11/08/2010

Overall study status
Completed

Last Edited
19/09/2013

Condition category
Injury, Occupational Diseases, Poisoning

[ ] Prospectively registered
[ ] Protocol
[ ] Statistical analysis plan
[X] Results
[ ] Individual participant data

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

Contact name
Mr Matthew Costa

Contact details
Warwick Medical School
Clinical Sciences Research Institute
Clifford Bridge Road
Coventry
United Kingdom
CV2 2DX
matthew.costa@warwick.ac.uk

Additional identifiers

Protocol serial number
NIHR CRN Study ID: 7416

Study information

Scientific Title
A randomised pilot trial of operative versus non-operative management using immediate weight bearing rehabilitation

Acronym
RAT

Study objectives
There is no difference in Disability Rating Index (DRI) scores at nine months between patients managed operatively compared to patients managed non-operatively using an immediate weight bearing programme.

Ethics approval required
Old ethics approval format

Ethics approval(s)
The Oxfordshire Research Ethics Committee (REC) A approved on the 27th November 2006 (ref: 06/Q1604/168)

Study design
Pilot randomised controlled trial

Primary study design
Interventional

Study type(s)
Treatment

Health condition(s) or problem(s) studied
Achilles tendon rupture

Interventions
1. Operative Managment: Method left to the discretion of the operating surgeon, followed by immediate weight bearing within an orthotic boot for eight weeks
2. Non-operative management: Same rehabilitation as above

Secondary Sponsor:
University Hospitals of Coventry and Warwickshire NHS Trust
Research and Development Department
Clifford Bridge Road
Coventry
CV4 8UW
United Kingdom

Intervention Type
Other

Phase
Not Applicable

Primary outcome(s)

Disability Rating Index (DRI) at 2, 6, 12 weeks and 6 and 9 months

Key secondary outcome(s))
1. EQ-5D
2. Achilles tendon rupture score (ATRS)
3. Complications

All outcomes measured at 2, 6, 12 weeks and 6 and 9 months.

Completion date
01/09/2009

Eligibility

Key inclusion criteria
1. Acute Achilles tendon rupture (presentation within 10 days)
2. Over 18 years

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Adult

Lower age limit
18 years

Sex
All

Key exclusion criteria
1. Re-rupture
2. Any other serious injuries to either lower limb that would interfere with rehabilitation
3. Poor circulation in the legs
4. Contraindication to surgery

Date of first enrolment
01/08/2007

Date of final enrolment
01/09/2009

Locations

Countries of recruitment
United Kingdom

England

Study participating centre
Warwick Medical School
Coventry
United Kingdom
CV2 2DX

Sponsor information

Organisation
University of Warwick (UK)

ROR
https://ror.org/01a77tt86

Funder(s)

Funder type
Charity

Funder Name
British Orthopaedic Foundation (UK) (ref: BOF 03:07)

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary
Not provided at time of registration

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article	results	05/04/2011		Yes	No
Study website	Study website	11/11/2025	11/11/2025	No	Yes