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

Submission date	Recruitment status No longer recruiting	Prospectively registered		
07/07/2010		☐ Protocol		
Registration date 11/08/2010	Overall study status Completed Condition category Injury, Occupational Diseases, Poisoning	Statistical analysis plan		
		[X] Results		
Last Edited 19/09/2013		Individual participant data		
19/09/2013				

Plain English summary of protocol

Not provided at time of registration

Contact information

Type(s)

Scientific

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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

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
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes
Study website	Study website	11/11/2025	11/11/2025	No	Yes