

# PERCUTANEOUS TENDO ACHILLES TENOTOMY IN THE MANAGEMENT OF

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**What is percutaneous tenotomy of Achilles tendon?** What is a percutaneous Achilles tenotomy? A percutaneous Achilles tenotomy is a small surgical procedure in which the Achilles tendon (heel cord) is cut. It allows the ankle to flex upwards (dorsiflex). Percutaneous means 'through the skin', so the incision is very small.

**What is percutaneous method of Achilles tendon?** Your surgeon makes three small incisions at the back of the ankle along the Achilles tendon. They cut the tendon approximately 50% at each of these three sites in an alternating pattern. The surgeon does this while an assistant is holding the ankle and stretching the tendon. The tendon stretches as the fibers are cut.

**Is percutaneous Achilles tenotomy reliable in the treatment of idiopathic clubfoot?** Conclusion: Percutaneous Achilles tenotomy is a reliable procedure, but was found to result in incomplete tendon sectioning in 12.5% of cases, affecting the range of ankle dorsiflexion.

**What is the treatment of a tenotomy?** Tenotomy is a procedure to treat pain in one of your tendons. You might see it referred to as dividing a tendon. Your provider might poke your injured tendon with a needle through your skin. They might also surgically remove a piece of the tendon through small cuts (incisions) in your skin.

**How painful is Achilles tendon surgery?** Achilles surgery shouldn't be painful since you'll likely be under anesthesia. You may have a moderate to high amount of pain after your procedure for a few days to weeks.

**How painful is a tenotomy?** The doctor starts by numbing the area, which may cause mild discomfort. The entire procedure takes 15 to 20 minutes, and you can go home the same day. Any pain you have after the procedure should subside within a few days. There's a pinch and a burn when the numbing medication is injected.

**How invasive is Achilles tendon surgery?** Surgical procedure You will typically be administered a general or spinal anesthetic. The surgical site is cleaned with an antiseptic solution, and using a minimally invasive technique, an inch-long incision is made where the tendon ends are located.

**What are the complications of percutaneous Achilles tendon repair?**

**Which is better open or percutaneous Achilles repair?** A statistically significant advantage of percutaneous repair over open repair was established in terms of hospitalization days following surgery ( $p < 0.001$ ). The primary outcomes of this research demonstrated the high success rate of the percutaneous approach as a surgical treatment for Achilles tendon ruptures.

**What are the risks of percutaneous tenotomy?** A percutaneous tenotomy is an orthopedic procedure used to treat patients who have chronic shoulder, hip, knee, elbow, or ankle pain associated with a damaged tendon. Risks associated with a percutaneous tenotomy include infection, temporary nerve injury, or temporary soreness at the treatment site.

**What are the complications of Achilles tenotomy?** Complications resulting from percutaneous Achilles tendon release (tendoachilles lengthening, TAL) performed in the clinic for the treatment of infants with clubfoot include: bleeding due to injury to the peroneal artery, posterior tibial artery, or lesser saphenous vein; injury to the tibial or sural nerves; and ...

**What is the success rate of a tenotomy?** Although the percentage varies among various series, the reported success rate following immediate pAT ranges from 73 to 100% [2–4].

**What are the disadvantages of a tenotomy?** Drawbacks to biceps tenotomy include formation of a “popeye” sign, biceps muscle cramping and pain, shoulder pain, and biceps muscle weakness with certain activities. Boileau et al. reported that

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a popeye sign is present in 62% of patients with tenotomy [4].

**Can you walk after a tenotomy?** Rehabilitation timeline after percutaneous ultrasonic tenotomy. 0–2 weeks: You may do limited activity and weight bearing exercises with boot or crutches. Your goal is to start working on regaining range of motion in the treated body part.

**What is an Achilles tenotomy?** Achilles Tenotomy is also called as percutaneous tenotomy, a tendo-Achilles lengthening tenotomy, or a heel cord lengthening/tenotomy. The tenotomy corrects the rigid equinus. It is a complete cut through of the Achilles tendon, not a tendon lengthening.

**How long is bed rest after Achilles surgery?** Bed rest is prescribed for at least two days after operation. During the period of bed rest, the feet are elevated above the level of the heart.

**How long does it take to walk after Achilles tendon surgery?** You will need to wear a cast or a walking boot for 6 to 12 weeks after surgery. At first, it may be set to keep your foot pointed downward as the tendon heals. You may be able to put weight on your affected leg after a few weeks. But it will be several months before you have complete use of your leg and ankle.

**Is Achilles surgery worth it?** Surgery is advised for many cases of a ruptured Achilles tendon. But in some cases, your healthcare provider may advise other treatments first. These may include pain medicine, or a temporary cast to prevent your leg from moving.

**How much does a percutaneous tenotomy cost?** On MDsave, the cost of a Percutaneous Elbow Tenotomy ranges from \$2,492 to \$8,655. Those on high deductible health plans or without insurance can shop, compare prices and save. Read more about how MDsave works.

**What is the success rate of percutaneous needle tenotomy?** Although one case series showed 100% efficacy and patient satisfaction in percutaneous tenotomy, reducing 8/8 patients' pain levels with supraspinatus calcific tendinopathy [10], our study showed that some patients had little to no pain reduction, and 26.1% of patients were not satisfied with the outcomes.

**Who performs tenotomy?** A tenotomy is usually performed by an orthopedic surgeon in an outpatient surgical setting. A podiatrist may also be able to perform a tenotomy for tendons of the foot and ankle, such as the Achilles tendon, peroneal tendons, or tibialis anterior or posterior tibialis tendons.

**What is the difference between open and percutaneous tenotomy?** Percutaneous ultrasonic tenotomy (PUT) is a treatment option for tendon-related pain. Unlike open surgery, PUT is minimally invasive—meaning the procedure can be done with a small incision that does not require stitches, so your recovery can be speedier.

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**What are the 3 types of Achilles tendon surgeries called?** Percutaneous repair, open repair, and tendon transfer are different types of surgery for Achilles rupture.

## **The Mind of a Strategist: Kenichi Ohmae on Art and Japanese Business**

**Q: How does art influence strategic thinking?**

**A:** Kenichi Ohmae, a renowned Japanese strategist, argues that art cultivates a mindset essential for strategic success. By observing and interpreting art, individuals develop an ability to discern patterns, think creatively, and connect disparate ideas. This artistic sensibility empowers them to identify and exploit opportunities in complex business environments.

**Q: What are the unique characteristics of Japanese business culture that contribute to strategic thinking?**

**A:** Japanese business culture emphasizes long-term thinking, collaboration, and a holistic approach. Companies prioritize building strong relationships with stakeholders, fostering a sense of loyalty and trust. This fosters a culture that encourages open dialogue, shared knowledge, and a willingness to take calculated risks, all of which are crucial for strategic decision-making.

**Q: How does Ohmae's "three Cs" framework guide strategic analysis?**

**A:** Ohmae's three Cs framework (Company, Customer, Competitor) is a comprehensive approach to understanding the strategic environment. By analyzing these three key elements, businesses can identify potential opportunities and threats, develop competitive advantages, and align their actions with market needs. The framework emphasizes the importance of viewing the business ecosystem as an interconnected system.

**Q: What is the difference between "local" and "global" strategic thinking?**

**A:** According to Ohmae, local thinking focuses on optimizing operations within a specific geographical area or market. In contrast, global thinking encompasses a broader perspective, embracing international opportunities and considering the impact of decisions on a global scale. Strategic thinkers must possess the ability to navigate both local and global contexts effectively.

**Q: How can businesses cultivate a mindset conducive to strategic thinking?**

**A:** Ohmae recommends encouraging creativity, fostering a culture of innovation, and embracing diverse perspectives within organizations. He believes that businesses should create environments where employees are comfortable challenging assumptions, exploring new ideas, and taking ownership of their roles in the strategic process. By nurturing a mindset that values curiosity, adaptation, and collaboration, businesses can enhance their strategic capabilities and achieve sustainable success.

**Skema Sejarah Kertas 2 SPM: Soalan dan Jawapan**

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Skema Sejarah Kertas 2 SPM sangat penting bagi siswa yang ingin memperoleh nilai bagus dalam mata pelajaran Sejarah. Ini merupakan panduan resmi yang memberikan rincian tentang bagaimana jawaban siswa dinilai. Artikel ini akan menguraikan pertanyaan dan jawaban tertentu dari Skema Sejarah Kertas 2 SPM yang umum muncul.

**Pertanyaan 1: Jelaskan faktor-faktor yang menyebabkan nasionalisme di Malaya.**

**Jawaban:**

- Penindasan kolonial Inggris
- Kemunculan kelas menengah pribumi
- Pengaruh gerakan nasionalis di negara lain
- Masuknya ideologi baru seperti komunisme dan sosialisme

**Pertanyaan 2: Bandingkan dan kontraskan strategi perjuangan UMNO dan komunis terhadap penjajahan Inggris.**

**Jawaban:**

- **Strategi UMNO:**
  - Berjuang melalui jalur politik dan konstitusional
  - Menekankan persatuan Melayu
- **Strategi Komunis:**
  - Berjuang melalui pemberontakan bersenjata
  - Menekankan persatuan semua kelas dan ras

**Pertanyaan 3: Analisis peran Jepang selama pendudukan Malaya.**

**Jawaban:**

- Jepang menjanjikan kemerdekaan dari Inggris tetapi pada akhirnya mengeksploitasi Malaya untuk sumber daya

- Jepang memperkenalkan kebijakan "Sphere Kemakmuran Bersama Asia Timur Raya"
- Pendudukan Jepang menimbulkan penderitaan bagi penduduk Malaya, seperti kelaparan dan kerja paksa

**Pertanyaan 4: Jelaskan faktor-faktor yang menyebabkan kemunculan Konfrontasi Indonesia-Malaysia.**

**Jawaban:**

- Pembentukan Malaysia pada tahun 1963
- Klaim Indonesia atas Sabah dan Sarawak
- Konfrontasi Indonesia sebagai upaya untuk melemahkan Malaysia
- Dukungan negara-negara besar seperti Amerika Serikat dan Rusia

**Pertanyaan 5: Bandingkan dan kontraskan dampak ekonomi dan sosial dari Revolusi Hijau di Malaysia.**

**Jawaban:**

- **Dampak Ekonomi:**
  - Peningkatan produksi pertanian
  - Pengurangan ketergantungan pada impor makanan
- **Dampak Sosial:**
  - Perpindahan penduduk pedesaan ke perkotaan
  - Munculnya masalah sosial baru, seperti kemiskinan dan polusi

**"The Turnip Princess" and Other Newly Discovered Fairy Tales: A Journey into Enchanting Realms**

The literary world has been captivated by the recent discovery of a collection of enchanting fairy tales known as "The Turnip Princess and Other Newly Discovered Fairy Tales" from Penguin Classics. These tales, previously lost to time, have breathed new life into the beloved genre.

**Q: What makes these fairy tales so unique?**

A: These tales offer a fresh and captivating twist on familiar fairy tale tropes. They feature intriguing characters, unexpected plotlines, and a blend of traditional and contemporary elements. The Turnip Princess, for instance, is not a damsel in distress but a clever and resourceful protagonist who outsmarts the villainous king.

**Q: What themes do these tales explore?**

A: The fairy tales delve into timeless themes of love, courage, and the triumph of good over evil. They encourage readers to embrace their individuality, challenge authority, and believe in the power of kindness. The stories also reflect the cultural diversity of their origins, with influences from around the world.

**Q: What is the significance of the collection from Penguin Classics?**

A: Penguin Classics has a renowned reputation for publishing high-quality literary works. Their decision to release these newly discovered fairy tales underscores the importance of preserving and expanding the canon of children's literature. The collection makes these tales accessible to a wider audience, ensuring their continued enjoyment for generations to come.

**Q: Who wrote these fairy tales?**

A: The authorship of these tales remains a mystery, as is common with many fairy tales that have been passed down through oral tradition. However, the collection includes valuable insights from scholars who speculate on possible origins and cultural influences.

**Q: How can these fairy tales be enjoyed by readers of all ages?**

A: The tales are written in an engaging and accessible style, making them enjoyable for both children and adults. The collection also includes scholarly notes and illustrations that enhance understanding and appreciation. Educators and parents can use these fairy tales as a valuable tool to teach life lessons, promote literacy, and cultivate a love of storytelling.



In conclusion, "The Turnip Princess and Other Newly Discovered Fairy Tales" from Penguin Classics is an enchanting collection that breathes new life into the beloved fairy tale genre. These tales offer captivating stories, timeless themes, and cultural diversity, making them a treasure for readers of all ages. As we delve into these enchanting realms, we are reminded of the enduring power of storytelling and the importance of preserving and expanding the literary heritage of fairy tales.

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