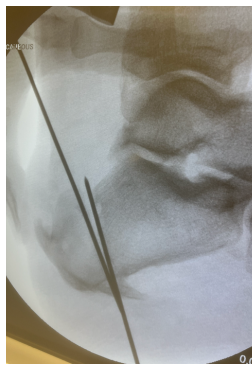
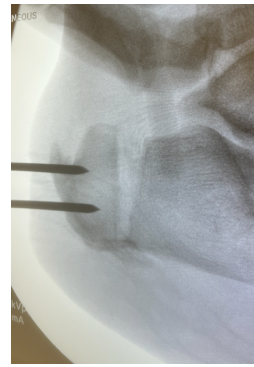


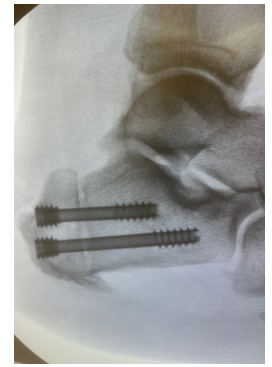
Zadek Osteotomy for Insertional Achilles Pain



Wedge removal



Screw placement



Final post-op

What Is a Zadek Osteotomy?

The Zadek osteotomy is a minimally invasive procedure used to treat insertional Achilles tendinopathy (pain where the Achilles tendon attaches to the heel).

Instead of opening and repairing the tendon, the procedure involves a small closing-wedge cut of the heel bone (calcaneus).

This shifts the pull of the Achilles tendon slightly forward and upward, which:

- Reduces stress on the diseased portion of the tendon.
- Improves ankle dorsiflexion (the ability to bring the toes up).
- Allows healing without disrupting the tendon itself.

Why This Technique?

- ✓ **Minimally invasive:** Only small incisions are needed.
- ✓ **Tendon-sparing:** The tendon sheath is not opened, which avoids permanent scarring and abnormal healing.
- ✓ **Faster recovery:** Compared with open Achilles repairs, recovery is shorter and less invasive.
- ✓ **Improved mobility:** Patients often notice significantly better ankle motion after healing.

What Should You Expect?

- ✓ **Pain relief:** Many patients experience significant reduction in heel pain over time.
- ✓ **Improved motion:** Increased ankle dorsiflexion helps with walking, stairs, and daily activities.
- ✓ **Small scars:** The minimally invasive approach leaves only tiny incision marks.
- ✓ **Faster return:** Recovery is generally quicker than open tendon surgery, but patience is still important.

Recovery Timeline



Weeks 0–4

Non-weight-bearing in a cast or CAM boot.



Weeks 4–6

Begin weight-bearing in a CAM boot; start formal physical therapy.



Around Week 6

Transition to normal shoes if pain and swelling allow. *If discomfort persists, remain in the boot up to 8 weeks total.*



Months 3–6

Ongoing strengthening, mobility, and gradual return to activity.



Questions

If you are considering a Zadek osteotomy, please discuss with your surgeon whether this option is right for you. Our goal is to help you understand both the benefits and recovery expectations so you can make the best decision for your care.