



# NEW PROCEDURE HELPS ACHILLES TENDON HEAL FASTER

*Sports medicine surgeons design a new way to suture injury*

*The Ohio State University Wexner Medical Center*

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<b>SUGGESTED TEASE</b>	COMING UP, A NEW SURGERY TECHNIQUE THAT HELPS ACHILLES TENDON INJURIES HEAL FASTER AND AVOID REINJURIES.
<b>ANCHOR LEAD</b>	<p>EVEN THOUGH THE ACHILLES TENDON IS THE STRONGEST AND THICKEST CONNECTIVE TISSUE IN THE BODY, IT'S ALSO THE MOST VULNERABLE TO INJURY BECAUSE IT WORKS SO HARD TO HELP YOU RUN, JUMP AND STAY BALANCED.</p> <p>SURGERY TO A TORN ACHILLES CAN TAKE MONTHS TO HEAL, AND RE-TEARS ARE COMMON. BUT AS CLARK POWELL REPORTS, A NEW PROCEDURE IS CHANGING THAT.</p>
<b>CG: Courtesy: The Ohio State University Wexner Medical Center</b>  Pineda walking into room, sitting down and putting injured foot up  Picture of Pineda as a gymnast  Video of him training on warped wall	IT'S A ROUTINE THAT IS NOT THE NORM FOR MIGUEL PINEDA ( <i>pronounced: pin-ED-uh</i> ) - TAKING IT EASY, RECOVERING FROM TEARING HIS ACHILLES TENDON. AS A FORMER GYMNAST AND EXTREME ATHLETE, HE'S TRAINED HARD HIS ENTIRE LIFE, PUTTING EXTREME STRESS ON HIS MUSCLES AND JOINTS. SO WHEN HE TORE HIS ACHILLES TENDON A LITTLE OVER A YEAR AGO, HE WASN'T SURPRISED. :18
<b>CG: Miguel Pineda</b> <b>:18 - :26</b>	"I heard the pop and then, just, my foot didn't work. And it took me sitting down and getting my shoe off to see that there wasn't a tendon there anymore." :08
Dr. Miller examining Pineda's leg  More shots of Pineda with Dr. Miller	<p>AND MIGUEL IS NOT ALONE. FROM ELITE ATHLETES TO WEEKEND WARRIORS, MORE THAN 250-THOUSAND ACHILLES TENDON INJURIES HAPPEN EACH YEAR IN THE U-S.<sup>1</sup></p> <p>THAT'S WHY DOCTOR TIMOTHY MILLER, A SPORTS MEDICINE EXPERT AT THE OHIO STATE UNIVERSITY WEXNER MEDICAL CENTER DEVELOPED A NEW SURGICAL TECHNIQUE TO REPAIR TORN ACHILLES TENDONS. :18</p>

<b>CG: Dr. Timothy Miller</b> <b>Ohio State's Wexner Medical</b> <b>Center</b> <b>:44 - :51</b>	<p>"We're constantly looking for new and better ways to do surgery, make it more safe, make it faster, make it more efficient and minimize the risk of complications." :07</p>
<p>Surgery animation</p>	<p>IN THE PAST, THE SUTURES USED TO REPAIR A TORN ACHILLES WERE KNOTTED TOGETHER AT THE TEAR SITE, SOMETIMES CAUSING HEALING ISSUES.</p> <p>BUT THIS NEW PROCEDURE STRENGTHENS THE REPAIR BY MOVING THE KNOTS AWAY FROM THE INJURY SITE. IT'S AN INNOVATION THAT COULD SOON CHANGE ALL ACHILLES REPAIRS. :16</p>
<b>Dr. Timothy Miller (CG'd earlier)</b>	<p>"Given how strong the repair is and the minimal risk of return, or minimal risk of re-tear, I think it will potentially become the gold standard for repair techniques." :07</p>
<p>Use video of Pineda doing pullups</p> <p>Shots of him doing pullups showing the injury</p>	<p>A RAPID RECOVERY AND LESS RISK OF RE-INJURY IS IMPORTANT TO MIGUEL. HE'S KEEPING HIS CHIN UP, KNOWING HE WILL SOON BE BACK IN THE GYM, AND BACK ON HIS TWO FEET. AT OHIO STATE'S WEXNER MEDICAL CENTER, THIS IS CLARK POWELL REPORTING. :13</p>
<b>ANCHOR TAG</b>	<p>THIS PROCEDURE IS STILL IN THE TESTING PHASE, SO IF YOU'D LIKE TO BE INVOLVED IN THE CLINICAL TRIAL, GO TO THE MEDICAL CENTER'S WEBSITE AT WEXNERMEDICAL.OSU.EDU AND CLICK ON SPORTS MEDICINE</p>
 <b>Share it! Suggested tweet:</b>	<p>New method of repairing Achilles tendons <a href="https://twitter.com/OSUWexMed">@OSUWexMed</a> can get you back on your feet quickly: <a href="https://bit.ly/1zp8mPD">bit.ly/1zp8mPD</a></p>
 <b>Suggested post:</b>	<p>Sports medicine experts at The Ohio State University Wexner Medical Center have developed a new method to repair Achilles tendons so athletes can get back on their feet quickly: <a href="https://bit.ly/1zp8mPD">bit.ly/1zp8mPD</a></p>
<b>References -</b>	<p><i>1Influence of Geometry and Material Properties in Achilles Tendon Ruptures, The Bone &amp; Joint Journal, Volume 96-B, Number 265, 2014. Online: <a href="http://www.bjjprocs.boneandjoint.org.uk/content/96-B/SUPP_11/265.short">http://www.bjjprocs.boneandjoint.org.uk/content/96-B/SUPP_11/265.short</a></i></p>
	<p><b>Extra Bites</b></p>
<b>CG: Dr. Timothy Miller</b> <b>Ohio State's Wexner Medical</b> <b>Center</b>	<p><i>Dr. Miller explains why this technique is more efficient</i></p> <p>"We're constantly looking for new and better ways to do surgery, make it more safe, make it faster, make it more efficient and minimize the risk of complications. Really, that's what this technique is doing. It decreases the time we're actually in the O-R, which decreases cost. It improves the strength of the repair and in the long run makes the patients</p>

	<p>more satisfied with their outcome.” :19</p> <p><i>Dr. Miller describes an achilles injury</i></p> <p>“Achilles tendon injuries take place very commonly in basketball, particularly as an athlete goes from a running position into a jumping position. They feel a snap that takes place in the back of their ankle, sometimes they feel almost as though they’ve been kicked in the back of the ankle by an opposing player. However, when they come down from the jump, they turn around no one’s around them, in fact no one’s anywhere nearby and they simply tore the tendon on their own.” :20</p>
<p><b>CG: Miguel Pineda</b> <b>Tore Achilles tendon</b></p>	<p><i>Miguel discusses his recovery</i></p> <p>“After the first one healed, it really didn’t give me any problems, while I was very confident in it, it was—felt stronger than before and really felt like nothing had ever happened.” :12</p> <p><i>Miguel explains why he likes this procedure</i></p> <p>“He basically explained it that there weren’t, the procedure he was using, there weren’t really as many knots, there wasn’t as much of a chance for it to fail and there was a much better chance for it to heal quicker. And for me to never have a problem training or running or doing any kind of activity again.” :21</p>
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