

Fig. E-1

Scatterplot showing the relationship between the ATRS score and age for male patients. The red line and the open circles (○) represent surgical treatment. The green line and closed circles (●) represent nonsurgical treatment.

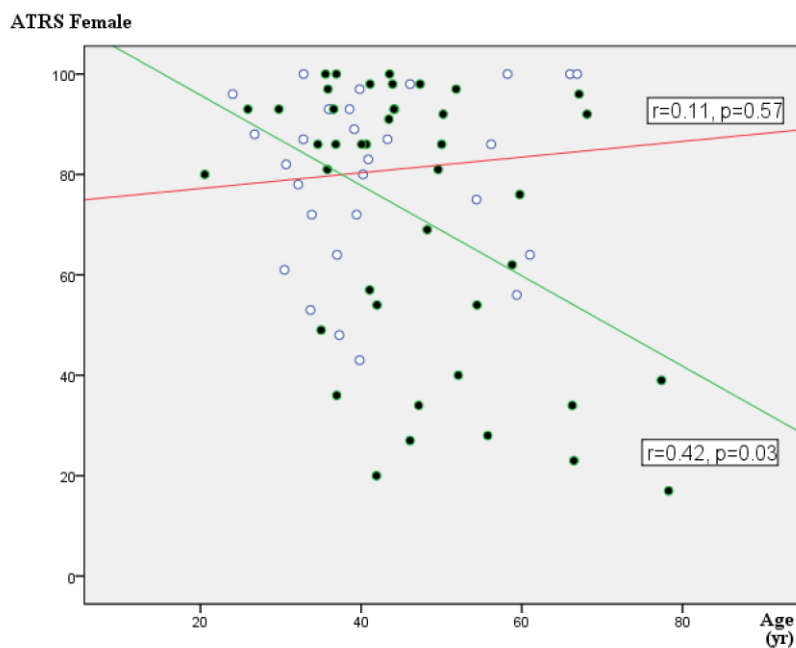


Fig. E-2

Scatterplot showing the relationship between the ATRS score and age for female patients. The red line and the open circles (○) represent surgical treatment. The green line and closed circles (●) represent nonsurgical treatment.

LSI-heel raise test Male

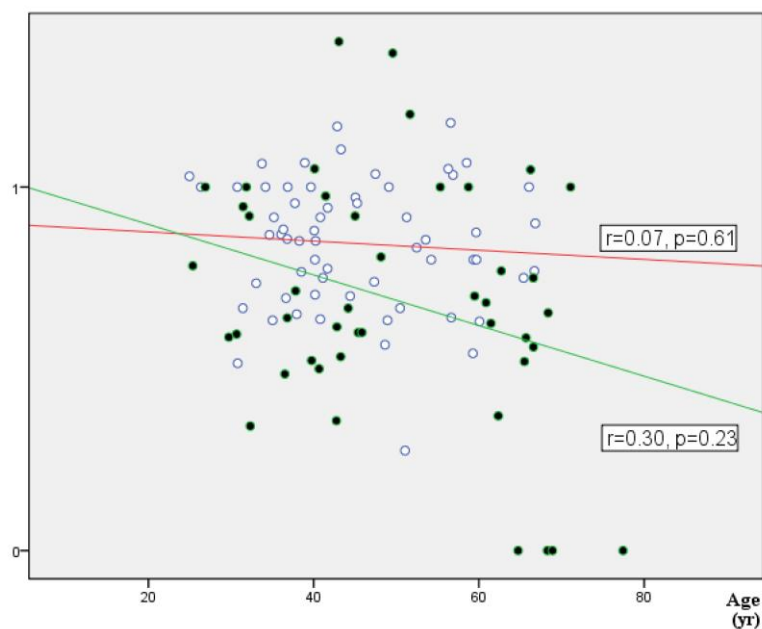


Fig. E-3

Scatterplot showing the relationship between the heel-raise Limb Symmetry Index (LSI) and age for male patients. The red line and the open circles (\circ) represent surgical treatment. The green line and closed circles (\bullet) represent nonsurgical treatment.

LSI heel-raise test Female

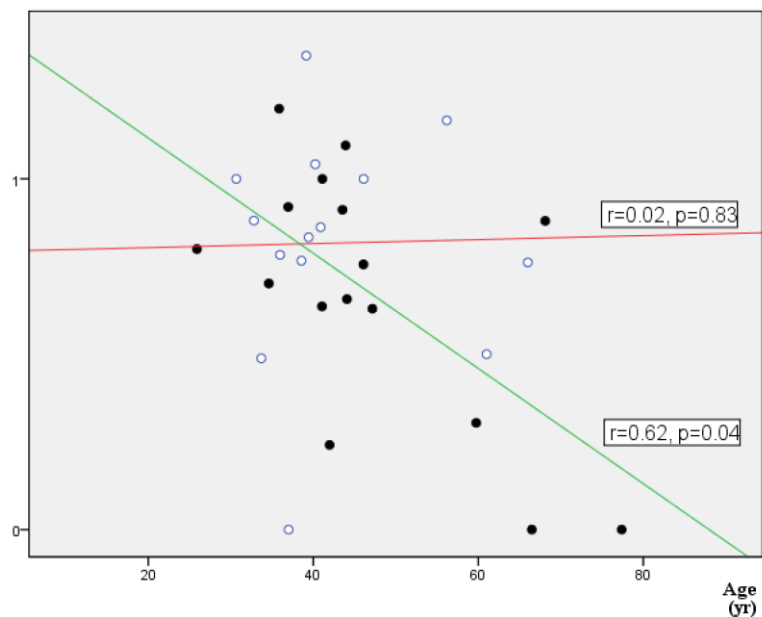


Fig. E-4

Scatterplot showing the relationship between the heel-raise Limb Symmetry Index (LSI) and age for female patients. The red line and the open circles (\circ) represent surgical treatment. The green line and closed circles (\bullet) represent nonsurgical treatment.

TABLE E-1 Treatment Strategies at the Two University Hospitals

	Hospital 1		Hospital 2	
	Surgical Treatment	Nonsurgical Treatment	Surgical Treatment	Nonsurgical Treatment
Indication	First choice	Contraindications to surgery	Cut trauma, ruptures older than 2 days, re-ruptures	First choice
Preop. treatment	Infection and thrombosis prophylaxis		Infection and thrombosis prophylaxis	
Immobilization	Cast for 2 weeks followed by functional brace (DonJoy Ultra 4) or cast for 6 to 8 weeks	Cast or functional brace (DonJoy Ultra 4) for 8 weeks	Cast for 2 weeks followed by functional brace (Aircast Walker) for 6 weeks	Functional brace (Aircast Walker) for 8 weeks
Weight-bearing	2 weeks after rupture, successively increased load	2 weeks after rupture, successively increased load	2 weeks after rupture, successively increased load	Successively increased load
Shoes with heel lifts	1 cm from Week 6 to 12	2.5 cm from Week 6 to 12	1 cm from Week 8 to 12	2.5 cm from Week 8 to 12
Physiotherapy	Recommended from Week 8 after rupture	Recommended from Week 8 after rupture	Standard rehabilitation program from Week 8 to 26 after rupture	Standard rehabilitation program from Week 8 to 26 after rupture