**Supplementary Table 5.** Summary of ROM and strength outcomes at final follow-up for included studies

|  |  |  |  |
| --- | --- | --- | --- |
| Author | Comparison | ROM | Strength |
| Majewski et al. [54] | MIS - Open - PI | NR | MIS superior to open and PI |
| Aisaiding et al. [1] | MIS - Open | NR | MIS earlier heel-rise endurance (MD 2 weeks) |
| Lantto et al. [49] | Open - Rehab | NR | Open surgery superior (MD 14%)a |
| Nilsson-Helander et al. [64] | Open - Rehab | NR | Open surgery superiorb |
| Willits et al. [96] | Open - Rehab | Rehab superior  (MD 2.21°)c | Open surgery superior |
| Keating et al. [42] | Open - PI | Rehab superior  (MD 14% peak torque) | No difference |
| Gigante et al. [21] | MIS - Open | No difference | No difference |
| Kolodziej et al. [46] | MIS - Open | No difference | No difference |
| Karabinas et al. [41] | MIS - Open | No difference | No difference |
| Rozis et al. [73] | MIS - Open | No difference | No difference |
| Aktas et al. [2] | MIS - Open | No difference | No difference |
| Costa et al. [13] | Open - Rehab | No difference | No difference |
| Thermann et al. [85] | Open - Rehab | No difference | No difference |
| Twaddle et al. [88] | Open - Rehab | No difference | NR |
| Möller et al. [62] | Open - PI | No difference | No difference |
| Nistor et al. [65] | Open - PI | No difference | No difference |
| Metz et al. [60] | MIS - Rehab | No difference | No difference |

aOpen surgery was associated with greater mean torque at both 6 months (MD 24%) and 18 months.

bOpen surgery was associated with greater heel-rise, power, and hopping at 6 months; there were no differences between treatments at 12 months.

cWith reference to plantar flexion only; there were no differences in dorsiflexion.

dOpen surgery associated with superior plantar flexion strength but only at a velocity of 240° per second; MIS = minimally invasive surgery; PI = primary immobilization; Rehab = functional rehabilitation; Open = open surgical repair; MD = mean difference; NR = not reported.