

# Achilles Tendon Rupture Nonoperative Rehab Protocol Prescription

**Diagnosis:** *Achilles tendon rupture L / R ankle*

Number of visits each week: 1 2 3 4

Treatment duration \_\_\_\_\_ weeks

## **0--2 weeks:**

Splint in plantar flexion

Non--weightbearing with crutches

## **2--4 weeks:**

Walking boot with 20° plantar flexion heel lift\* +

Non--weightbearing with crutches

Remove boot in seated position with lower extremity hanging free off table/chair/bed

Active ankle dorsiflexion to neutral only followed by passive gravity--assisted plantar flexion as far as is comfortable only

Modalities as indicated

Daily HEP for active dorsiflexion and passive plantar flexion as detailed above

5 minutes every hour

## **4--6 weeks:**

Remove heel lift from boot

Non--weightbearing in boot

Continue 2--4 week exercise protocol

## **6--8 weeks:**

Weightbearing in boot with crutches

May remove boot for sleeping

Continue same exercise protocol

## **8--12 weeks:**

Wean off boot first then crutches

Initiate toe--raising exercises using the unaffected leg to support the injured leg

Once able to perform toe--raises with the injured leg unsupported, may begin Achilles stretching, strengthening and proprioception exercises

**>12 weeks:**

Continue to progress range of motion, strength, proprioception

Retrain strength, power, endurance

Increase dynamic weight-bearing exercise, including plyometric training

Sport-specific retraining

\* Patients required to wear the boot while sleeping for first 6 weeks.

+ Patients can remove the boot for bathing and dressing, but are required to adhere to the weightbearing restrictions according to the rehabilitation protocol.