



## Achilles Tendon Rupture Nonoperative Rehab Protocol Prescription

Patient Name: \_\_\_\_\_ Date: \_\_\_\_\_

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.

Comments:

Signature: \_\_\_\_\_

Date: \_\_\_\_\_