

## Achilles Tendon Rupture Nonoperative Rehab Protocol Prescription

Name: \_\_\_\_\_

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

Diagnosis: \_\_\_\_\_

Date of Surgery : \_\_\_\_\_

**Weeks 0-2:**

- Splint in plantar flexion
- Non-weightbearing with crutches

**Weeks 2-4:**

- 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

**Weeks 4-6:**

- Remove heel lift from boot
- Non-weightbearing in boot
- Continue 2-4 week exercise protocol

**Weeks 6-8:**

- Weightbearing in boot with crutches
- May remove boot for sleeping
- Continue same exercise protocol

**Weeks 8-12:**

- 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:****Frequency:** \_\_\_\_\_ **times per week****Duration:** \_\_\_\_\_ **weeks****Signature:** \_\_\_\_\_**Date:** \_\_\_\_\_