

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: _____