

## Rehabilitation Protocol: **Achilles Tendon Rupture Nonoperative Treatment**

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**Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Phase I (Weeks 0-2): REST**

**Weight bearing:** Non-weight bearing using crutches

**Brace:** Patient in plantarflexion splint / cast

**No Formal PT**

**Phase II (Weeks 2-8): EASY WALKING / WALKING**

**Weight bearing:** As tolerated in CAM Walker Boot with Heel Wedges in place (first wedge removed at 5 weeks, second wedge removed at 6 weeks, third at 7 weeks)- discontinue crutch use when ambulating comfortably with boot (usually after 4 weeks of wearing boot)

**Brace:** CAM Walker Boot at all times except showering

**Range of Motion** – PROM/AROM/AAROM of the ankle from full plantarflexion to neutral (NO DORSIFLEXION PAST NEUTRAL), Inversion/Eversion, Toe Flexion/Extension

**Phase III (Weeks 8-12): EASY ACTIVE**

**Weight bearing:** Wean from boot; full weight bearing in sneaker by 10 to 12 weeks (discontinue CAM boot between 10 to 12 weeks after injury)

**Range of Motion** – PROM/AROM/AAROM of the ankle – progressive dorsiflexion – 10° intervals (10° of dorsiflexion by week 10, 20° by week 12, 30° by week 14)

**Therapeutic Exercises**

- o Exercise bike with boot on
- o Seated heel raises
- o Resisted plantarflexion / eversion / inversion with theraband
- o Double leg stance out of boot; single leg stand in boot progressing to out of boot as tolerated
- o Proprioception exercises – balance board

**Phase IV (Months 3-6): ACTIVE**

o Progress with strengthening, proprioception and gait training activities (closed chain to open chain as tolerated)

o Begin light jogging at 12-16 weeks

o Running/cutting at 18-20 weeks

o **Return to sports at 5- 6 months**

**Comments:**

**Frequency:** \_\_\_\_\_ **times per week** **Duration:** \_\_\_\_\_ **weeks**

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_