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: ________________