

## **ACHILLES TENDON RUPTURE REHABILITATION PROTOCOL**

Patient:

Date of Surgery:

0 - 2 Weeks

- Splint in full plantar flexion
- Non weight bearing with crutches

2 - 4 Weeks

- Walking boot with heel wedge kit (3 wedges)
- Protected weight bearing with crutches

4 - 6 Weeks

- Walking boot with heel wedge kit (2 wedges)
- Weight bear as tolerated in boot
- Active plantar flexion, inversion/eversion below neutral
- Non weight bearing fitness/cardio work (eg bicycle) in boot

6 - 8 Weeks

- Walking boot with heel wedge kit (1 wedge)
- WBAT in boot
- Continue with above exercises

8 - 12 Weeks

- Wean off boot (no more wedges in boot)
- Continue to progress ROM
- Begin light resisted strength training (calf raises), proprioception

> 12 weeks

- Continue to progress ROM, strength and proprioception
- Sport specific retraining → may include plyometrics
- \*NO eccentric heel drop exercises for 6 months

Special Instructions/Modifications to Protocol:

**PLEASE SEE RE: REHAB as per PROTOCOL**

**THANK YOU!**