

## ACHILLES TENDON RUPTURE

### Accelerated Functional Rehabilitation Protocol

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#### **0 – 2 WEEKS**

- Aircast boot with 2 cm heel lift
- WBAT – crutches as needed

#### **2 – 4 WEEKS**

- Aircast boot with 2 cm heel lift
- WBAT – crutches as needed
- Active plantar and dorsiflexion to neutral, inversion /eversion below neutral
- Modalities to control swelling
- Knee/ hip exercises as appropriate
- NWB fitness/cardio work
- Hydrotherapy (within motion and weight-bearing limitations)

#### **4 – 6 WEEKS**

- Aircast boot with 2cm heel lift
- WBAT
- Continue treatment as per 2-4 weeks

#### **6 – 8 WEEKS**

- Aircast boot
- Discontinue heel lift
- WBAT
- Dorsiflexion stretching, slowly
- Graduated resistance exercises (OKC, CKC, functional)
- Proprioceptive and gait retraining
- Modalities as indicated
- Fitness/cardio to include WBAT
- Hydrotherapy

#### **8 – 12 WEEKS**

- Wean off boot
- Return to crutches/cane as necessary; then wean off
- Continue to progress ROM, strength, proprioception



**>12 WEEKS**

- Continue to progress ROM, strength, proprioception
- Retrain strength, power, endurance
- Increase dynamic WB exercise, include plyometric training
- Sport specific retaining