

Achilles Tendon Rupture Rehabilitation Protocol

Ethan M. Healy, M.D.

0 - 2 WEEKS

- Aircast boot with 2 cm heel lift
- NWB with crutches

2 - 6 WEEKS

- Aircast boot with 2 cm heel lift
- Protected weight-bearing with crutches as required
- Active plantar and dorsi flexion 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)

6 - 8 WEEKS

- Aircast boot
- D/C 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 training

12-16 weeks

Continue to progress range of motion, strength, and proprioception exercises
Retrain strength, power, endurance through eccentric strengthening exercises and closed chain exercises
Increase cardio to include running, cycling, elliptical as tolerated

16 weeks +

Increase dynamic weight bearing exercise, including sport specific retraining

4-6 months

Return To normal non-contact sports activities that do not involve sprinting, cutting, jumping etc. if approximately 80% strength achieved

6.9 months

Return to all sports as long as patient has recovered 100% strength