

Sean E. Rockett, M.D. Agam A. Shah, M.D. Arthur F. Christiano, M.D. Mark Rose, D.P.M. Ethan M. Healy, M.D. Daniel B. Osuch, M.D. Symeon V. Zannikos, M.D. Mark A. Finno, M.D. Kevin P. Sullivan, M.D. Jason C. Saillant, M.D. Michael L. Sganga, D.P.M. Daren Bergman, D.P.M. David M. Ramsden, M.D. Nury Flynn, PA-C, ATC Asimina Markopoulos, PA-C Karl Haywood, PA-C Sarah C. Jacoby, PA-C Ryan C. Gulla, PA-C Brian Sheehy, PA-C Matthew Richardson, PA-C

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





Natick 313 Speen Street

P (508) 655-0471

F (508) 650-3547

Newton 2000 Washington Street Blue Bldg. Suite 322

P (617) 527-5040 F (617) 641-2366

www.orthopedicsne.com

Hopkinton 77 West Main Street

P (508) 458-6050 F (508) 625-1036

Beth Israel Lahey Health 💙 New England Baptist Hospital





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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









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