

## ACHILLES TENDON RUPTURE, NONOPERATIVE REHABILITATION PROTOCOL

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The goal of rehab after Achille's tendon rupture is termed "Early Functional Rehab." It is geared to allow early weight bearing while protecting the tendon in a CAM boot. It is imperative to work with your physical therapist and follow their guidelines. Advancing to the next phase of protocol is depending on timing and clinical decisions, and will be subject to change if necessary. All exercises should be performed slowly and carefully.

	<b>Weight Bearing</b>	<b>CAM Boot</b>	<b>ROM</b>	<b>Therapeutic Exercise</b>
<b>0-2 Weeks</b>	WBAT in CAM with crutches	CAM boot with 2 heel pads on at all times other than hygiene	None	Elevate leg, toe exercises.  OK to remove boot for bathing, but no weight bearing or dorsiflexion.
<b>2-4 Weeks</b>	WBAT in CAM, crutches PRN	CAM boot with 2 heel pads on at all times other than hygiene	None	See above
<b>4-6 weeks</b>	WBAT in CAM	CAM boot with 1 heel pads on at all times other than hygiene	None	See above
<b>6-8 weeks</b>	WBAT in CAM	CAM boot with no heel pads on at all times other than hygiene	No dorsiflexion past -10° (or, 10° plantarflexed) without CAM on	Begin active plantar flexion with lightest band (not past 15° PF). Sitting heel raises against gravity. Wall squats in CAM.
<b>8-10 weeks</b>	WBAT	Wean from CAM boot into regular shoe with 1 heel lift	No DF past 0° without CAM on	Continue prior phase.  Exercise bike, sitting heel-rise, standing heel-rise on 2 legs (max 50% weight bearing) Gait training, balance work (no wobble boards)
<b>10-12 weeks</b>	WBAT	Regular shoes, no heel lift. Limit barefoot walking	Advance slowly	Continue prior phase.  Sitting heel-rise with weight, heel-rise in leg press machine

				Balance work (with wobble-board/balance pods)
<b>12-16 weeks</b>	WBAT	Regular shoes, ok for barefoot	As tolerated	Continue prior phase.  Increase strengthening, add PF in cable machine, Eccentric heel-rise/lowers
<b>4-6+ months</b>				Intensify exercises, increase from two leg standing to single leg standing heel rises (concentric and eccentric)  Gentle jog (once able to perform 10-15 unassisted single leg rises) Start gentle two-legged jumps  Running outdoors, sprinting, sport related activities start 5-6 months.  Typical return to sport 20 weeks (non-contact) and 24 weeks (contact)