

Angelina Vera, MD
Achilles tendon rupture protocol

Accelerated functional rehabilitation protocol

0-2 weeks

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

2-6 weeks

- Weight bearing and boot
 - Aircast boot with 2 cm heel lift
 - Protected weight-bearing with crutches as required
 - Week 2-3: 25%
 - Week 3-4: 50%
 - Week 4-5: 75%
 - Week 5-6: 100%
 - Gait training in boot at 6 weeks. Remove heel lifts, 1 lift daily as tolerated
- Active plantar and dorsiflexion to neutral, inversion/eversion below neutral
- Modalities to control swelling
- Knee/hip exercises as appropriate
- Nonweightbearing fitness/cardio work
- Hydrotherapy (with motion and weight-bearing limitations) next life 6-8 weeks
- Graduated resistance exercises (OKC, CKC, functional)
- Proprioceptive and gait training
- Modalities as indicated

8-12 weeks

- Wean out of boot
- Return to crutches/cane as necessary; then wean off
- Continue to progress range of motion, strengthening, proprioception
- Weight bearing as tolerated fitness/cardio work

12 weeks

- Continue to progress range of motion states, strengthening, proprioception
- Retained strength, power, endurance
- Increased dynamic weight-bearing exercise, include pie low metric training
- Sport specific retaining