

Achilles Tendon Rupture

Non-Operative Rehabilitation Protocol

0-6 weeks:

- Non-weight bearing in cast with ankle in a comfortable relaxed full plantar grade flexed position.

6-8 weeks

- Weight bear as tolerated (WBAT) in boot with THREE wedges.
- Wear boot at all times including during sleep.
- May only remove for dressing and bathing.
- Begin active ankle dorsiflexion to 5 degrees below neutral.

8-10 weeks

- WBAT in boot with TWO wedges.
- May now remove for sleep, dressing and bathing.
- Active ankle dorsiflexion to neutral.

10-12 weeks

- WBAT in boot with ONE wedges.
- May remove for sleep, dressing and bathing.
- Active ankle dorsiflexion to neutral.

12-14 weeks

- Remove FINAL heel wedge.
- WBAT in boot.
- May remove for sleep, dressing and bathing.
- Active ankle dorsiflexion as tolerated. No stretching.

14-16 weeks

- Wean from boot. WBAT in comfortable supportive shoe wear.
- May begin biking, elliptical, balance and gait training therapy.
- Continue ankle range of motion (ROM).
- Gentle stretching. No forceful stretching so as to avoid over lengthening of healing Achilles tendon.

Beyond 16 weeks

- Continue therapy with strength, balance, gait and proprioception training.

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