

# Achilles Tendon Rupture

## Operative Rehabilitation Protocol

### **0-2 weeks:**

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

### **2-6 weeks:**

- Non-weight bearing in boot with THREE wedges.
- May remove boot for sleep and bathing.
- Active ankle dorsiflexion to 5 degrees below neutral.

### **6-8 weeks**

- Weight bear as tolerated (WBAT) in boot with THREE wedges.
- May remove boot for sleep and bathing.
- Active ankle dorsiflexion to neutral.

### **8-10 weeks**

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

### **10-12 weeks**

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

### **12-14 weeks**

- Remove FINAL heel wedge.
- WBAT in boot.
- May remove boot for sleep 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.
- Continue ankle range of motion (ROM).
- Gentle stretching. No forceful stretching so as to avoid over lengthening of healing Achilles tendon.

## **Beyond 16 weeks**

- Advanced therapy with strength, power endurance, plyometric exercise and sport specific training.

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