Non-Operative Achilles Tendon Rupture Rehab Protocol

General Guidelines:
Patients are required to wear the boot while sleeping for the first 6 weeks. Patients can remove the boot for bathing and dressing but are required to adhere to the weightbearing restrictions according to the rehabilitation protocol.

Phase 1 (0-2 weeks)
- Splint in plantar flexion
- Non-weightbearing with crutches

Phase 2 (2-4 weeks)
- Walking boot with 20 degrees plantar flexion heel lift
- Non-weightbearing with crutches
- Remove boot in seated position with lower extremity hanging free off table/chair/bed
- Active ankle dorsiflexion to neutral only follow by passive gravity-assisted plantar flexion as far as is comfortable only
- Modalities as indicated
- Daily HEP for active dorsiflexion and passive plantar flexion as detailed above, 5 minutes every hour

Phase 3 (4-6 weeks)
- Remove heel lift from boot
- Non-weightbearing in boot
- Continue 2-4 week exercise protocol

Phase 4 (6-8 weeks)
- Weight-bearing in boot with crutches
- May remove boot for sleeping
- Continue same exercise protocol

Phase 5 (8-12 weeks)
- Wean off boot first then crutches
- Initiate toe raising exercises using the good leg to support the injured leg
- Once able to perform toe raises with the injured leg unsupported, may begin Achilles stretching, strengthening and proprioception exercises

Phase 6 (>12 weeks)
- Continue to progress range of motion, strength, proprioception
- Retrain strength, power, and endurance
- Increase dynamic weight-bearing exercise, include plyometric training
- Sport-specific retraining