

Non-Surgical Rehabilitation Protocol for Achilles Tendon Rupture

Please use common sense and listen to your body. If something feels wrong or there is a significant increase in pain/discomfort at any point, contact Dr. Yi.

Time

Activity

During first 2 weeks after injury

Non-weight bearing in splint at all times (for 2 weeks)

- Crutches, walkers, and knee scooters are popular options to help you get around
- Remember to elevate your ankle above the level of your heart to decrease swelling
- An ice pack behind the knee can also help (remember not to fall asleep with the ice pack on your skin as this can cause damage)

2 weeks after injury

Partial weight bearing in boot with crutches

- **TWO wedges in boot**
- **Boot on at all times** except for hygiene and exercises
- Active dorsiflexion to neutral (3 times a day; 10-15 rep's)

4 weeks after injury

Partial weight bearing in boot with crutches

- **Remove ONE wedge so there is ONE wedge remaining**
- **Boot on at all times** except for hygiene and exercises
- Active dorsiflexion to neutral (3 times a day; 10-15 rep's)

6 weeks after injury

Weight bearing as tolerated in boot without crutches (remove last wedge so there is no wedge remaining)

Begin PT

- Gentle active ROM
- Light band exercises
- Ease into single leg stances
- Hip and thigh strengthening
- Core strengthening

10 weeks after injury

Wean from boot into regular shoe

- ROM / strengthening with PT
- Start with DL heel raises
- Progress to single leg heel raises
- Start stationary bike

12 weeks after injury

Advance PT with strength, power, endurance, plyometric exercise, sport specific training.

- - Ok to start low impact activities (yoga, bicycle, swimming, elliptical)
- **Start high impact activities at 16 weeks after surgery (running, jumping)**

Preventing Blood Clots

- Blood clots (formally known as “deep venous thrombosis”) can occur after an injury. These blood clots can be dangerous especially if they travel to your lungs. Go to the emergency room or call the emergency line immediately if you have any symptoms such as calf swelling, calf pain, chest pain, shortness of breath.
 - Fortunately, there are medications that effectively prevent blood clots
 - You will take:
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