



ACHILLES TENDON RUPTURE (Non-surgical and surgical) Protocol

Last Modified: Oct 2012

General

- The rehab protocol for repaired and nonsurgical repaired achilles tendon ruptures are very similar.
- The surgically repaired achilles will typically be removed from a cast and switched to a removable cast boot a little sooner than the nonsurgical achilles tendon rupture.

Phase I (Casted; NWB)

- The patient should be taught NWB crutch walking.
- The patient will be kept in a NWB cast 4 to 6 weeks depending on stability.
- Once sufficient stability is determined, the patient will be switched to a cast boot and then can proceed to phase II.

Phase II (Post casting; Removable Cast Boot; NWB)

- Patient is kept NWB for 3 more weeks in the removable cast boot.
- Active DF, eversion and inversion.
- Passive stretch PF.
- Edema control.

Phase III (Removable Cast Boot; WB)

- Three weeks after removable cast boot started.
- Begin progressively increasing weight bearing so that by the end of 6 weeks in the removable cast boot the patient is full weight bearing.
- Continue with active DF, eversion and inversion.
- Begin active PF.

Phase IV (Strengthening)

- After 6 weeks in the cast boot and patient is full WB, begin aggressive stretching exercises.
- Begin gastrocnemius/soleus, tibialis anterior, tibialis posterior, and peroneal strengthening. Begin with isometrics, then dynamic strengthening.
- Patient may begin jogging at 12 weeks from initiation of treatment.
- Teach sport specific strengthening if applicable.

Phase V (Return to pre-injury sports)

- After 4 months, patient may return to sports if ROM and strength are 85% of the normal side.

A handwritten signature in purple ink, appearing to read 'J.K. Lowry', with a stylized flourish extending to the right.

Jason K. Lowry, MD