



/// ACHILLES TENDON RUPTURE Accelerated Functional Rehabilitation Protocol

0 – 2 WEEKS

- Aircast boot with 2 cm heel lift
- NWB with crutches

2 – 6 WEEKS

- Aircast boot with 2 cm heel lift
- Protected weight bearing with crutches as required
- Active plantar and dorsi flexion to neutral, inversion /eversion below neutral
- Modalities to control swelling
- Knee/ hip exercises as appropriate
- NWB fitness/cardio work
- Hydrotherapy (within motion and weight bearing limitations)

6 – 8 WEEKS

- Aircast boot
- D/C heel lift
- WBAT
- Dorsiflexion stretching, slowly
- Graduated resistance exercises (OKC, CKC, functional)
- Proprioceptive and gait retraining
- Modalities as indicated
- Fitness/cardio to include WBAT
- Hydrotherapy

8 – 12 WEEKS

- Wean off boot
- Return to crutches/cane as necessary; then wean off
- Continue to progress ROM, strength, proprioception

>12 WEEKS

- Continue to progress ROM, strength, proprioception
- Retrain strength, power, endurance
- Increase dynamic WB exercise, include plyometric training
- Sport specific retaining