



## **Achilles Tendon Rupture - Accelerated Functional Rehabilitation**

### **0 – 2 WEEKS**

- Aircast boot with 2 cm heel lift or Plaster in equinus (~20 degrees)
- 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
- Remove heel lift
- WBAT
- Dorsiflexion stretching, slowly
- Graduated resistance exercises
- 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