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## **ACHILLES TENDON RUPTURE REHABILITATION PROGRAM (both operative and non-operative)**

### **Overview**

Pt is NWB for 2 weeks with use of crutches in posterior splint

Ambulates in walking boot for 2-8 weeks with 2cm heel lift until week 6, may be unlocked per physician request

Physical Therapy to begin 2-4 weeks post op

### **Phase I (2-6 weeks)**

Weight Bearing – Partial Weight Bearing progressing toward WBAT at 4 weeks

Ice and Elevation – 20 minutes after exercises or prolonged standing

Brace- Worn for sleep, and all ADLs, removed for bathing, dressing, and HEP only

Scar mobilization as needed

Modalities such as US & E-stim for edema

Exercises:

- Pain free dorsiflexion/plantar flexion to neutral only
- Eversion and inversion below neutral only
- Straight Leg Raises all planes
- BAPS board in sitting
- Bike for gentle ROM or deep water running for cardiovascular fitness

Progress to Phase II if :

-pt is able to ambulate Full weight bearing without crutch

-dorsiflexion is approximately neutral

-Pt does not exhibit increase swelling or pain in phase I

### **Phase II (6-8 weeks)**

Gait training- Remove 2cm heel lift

Modalities such as US & E-stim for edema

Exercises:

- Bike light to mod resistance as tolerated, add elliptical or stairmaster
- Slow dorsiflexion stretching
- Slowly increase resistance exercise (OKC, CKC, functional strengthening)
- Proprioceptive and gait training activities

Progress to Phase III if:

- Pt does not exhibit increase swelling or pain in phase II
- Pt able to ambulate painfree in boot without heel lift
- ROM roughly equal bilaterally (mild dorsiflexion loss is acceptable)
- Unilateral balance equal bilaterally

### **Phase III (8-12 weeks)**

Return to crutches as needed to gradually wean from boot

Emphasize gait training

Exercises:

- Continue to progress ROM, strength, and Proprioception

Progress to Phase IV if:

- Patient exhibits normal gait on level surfaces
- Pt demos greater than 4/5 strength all planes
- Pt demos >14/21 on Functional Movement Screen

### **Phase IV (>12 weeks)**

Initiate running

Introduce plyometric training

Introduce sport specific training

Return to Sport Criteria-

- Isokinetic strength deficit of <20% on affected ankle in plantarflexion and dorsiflexion
- Y Balance Test anterior reach deficit of <4cm and Lower Quarter Composite score within 5% of unaffected side.