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### ACHILLES RUPTURE PROTOCOL

DATE	DAY	SPLINT	EXERCISE	Weight bear Status
Day of evaluation		CAM Boot/splint 2 heel lifts	None	No weight bearing
	Day 1	Cast: equinus post US or surgery	None	No weight bearing
	Day 10	CAM Boot with 2 heel lifts	Ankle pump exercises with hand assist 5 mins every hour while awake, start slow gradual dorsiflexion, limit dorsiflexion to no more than 10 degrees	No weight bearing

	Day 28 (week 4)	CAM Boot with 1 heel lift	Ankle pump exercises with hand assist 5 mins every hour while awake, progress dorsiflexion, alphabet exercises, no resistance	No weight bearing
	Day 42 (week 6)	CAM Boot without heel lifts	Range of motion all directions	Increase weight bearing as tolerated: 20 pounds every 3 days
	Day 56 (Week 8)	Discontinue CAM Boot. May wear street shoes.	Light weight resistance band stretches in seated position	Wean off crutches Weight bear as tolerated
	Week 12	May wear street shoes.	Light weight resistance band stretches in seated position Balance on one leg. Heel raises with both ankles	Weight bear as tolerated
	Week 16 (4 months)	May wear street shoes.	Singles Heel raises. Steps as tolerated.	Weight bear as tolerated
	5 months	May wear street shoes.	Unrestricted activities	Weight bear as tolerated

## ACHILLES TENDON REPAIR- additional guidelines

1. NWB in plaster splint/cast in plantar flexion for 10-14 days.
2. At first post-op visit:
  - Switch to cam walker boot (neutral-foot flat or heel build-up).
  - TTWB with crutches until 6 weeks.
    - \* Remove cam boot each day for active dorsi flexion to neutral; passive plantar flexion.
    - \* Can use exercise bike with cam boot on.
    - \* Active inversion and eversion R.O.M.
3. At 6 weeks:
  - \* Begin active plantar flexion - begin with isometrics, progress to isotonic.
  - \* Dorsi flexion isotonic.
  - \* Achilles tendon stretch with towel. R.O.M. exercises.
  - \* Wear cam boot up to 8 weeks post-op. Can use high top shoe after cam boot.
4. At 12 weeks:
  - \* Continue plantar flexion and dorsi flexion isotonic.
  - \* Add isokinetic
  - \* Continue inversion / eversion isotonic.
  - \* Proprioception training.
  - \* Retro program, stairmaster, versaclimber.