

# Non-Op Achilles Rupture Protocol

**DR. BROWN**

## **PHASE I (ACUTE PHASE):**

- Weeks 0-2
- Splint of CAM Boot in plantar flexion (Wear boot at all times even when sleeping!)
- Strict none-weight bearing (crutches or Roll-A-Bout walker)
- Elevation to alleviate swelling

## **PHASE II (SUBACUTE PHASE):**

- Weeks 2-4
- Start TTWB in CAM boot
- CAM boot at all times locked at 20 degrees plantar flexion
- Remove boot in seated position with leg hanging off table:
  - Active DF to neutral only with gravity assisted PT as tolerated
- Modalities as indicated
- Daily HEP as above for 5 minutes each hour

## **PHASE III (MIDDLE PHASE):**

- Weeks 4-6
- Start PWB in CAM boot
- Adjust boot to 10 degrees plantar flexion
- Continue 2-4 weeks exercise program

## **PHASE IV (MIDDLE PHASE):**

- Weeks 6-8
- Advance to WBAT in CAM boot
- May remove boot for sleeping
- Continue 2-4 week exercise program

## **PHASE V (LATE PHASE):**

- Weeks 8-12
- Bring boot to neutral position
- Wean out of CAM boot
- Initiate toe raising exercises with the good leg supporting the injured leg
- Once able to perform toe raises unsupported then start achilles stretching, strengthening, and proprioception exercises

## **PHASE VI (LATE PHASE):**

- >12 Weeks
- Continue ROM, strength, and proprioception
- Work on power and endurance
- Advance to plyometric training
- Sport specific training

\*Patients must wear boot at all times for first 6 weeks (even when sleeping)

\*May remove boot for bathing and dressing but follow non-weight bearing precautions