

# Achilles Rupture Protocol

## DR. BROWN

### PHASE I (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 (Weeks 2-4)

- Start TTWB in CAM boot
- CAM boot at all times 3 wedges
- Start below daily Home Exercise program 5 minutes-3 times a day
  - Remove boot in seated position with leg hanging off table:
  - Active Dorsiflexion(DF) to neutral only with gravity assisted Plantar flexion as tolerated

### PHASE III (Weeks 4-6)

- Take one heel wedge out at 4<sup>th</sup> week, than second at the 5<sup>th</sup> week and final at 6<sup>th</sup> week.
- Begin protected weight bearing IN BOOT
- Start with 50% weight week 4, progress 75% week 5, 100% week 6
- Use assistive device (walker, crutches, rollabout) at all times for safety
- Wear CAM boot while sleeping until 6 weeks post-injury

### PHASE IV (Weeks 6-8)

- WBAT in CAM boot. If needed can place 1cm heel insert in boot if foot not at neutral.
- May remove boot for sleeping
- Continue 2-4 week home exercise program
- Begin physical therapy:(1 time a week) at 6 weeks
- Note that the therapist should not at this time start passive dorsiflexion (movement of the ankle and toes towards the head); this will overstretch the tendon
  - Continue to work on AAROM and AROM with goal of obtaining neutral DF by 6 weeks post injury
  - Limit active dorsiflexion to neutral and no passive stretching into dorsiflexion until 8 weeks post injury
  - Initiate static balance activities in boot at 6 weeks
  - Progress with PREs for proximal muscles and joints avoiding any closed chain activities with dorsiflexion past neutral until 8 weeks post injury.

### PHASE V (LATE PHASE):Weeks 8-12

- Wean out of CAM boot to shoe with 1cm heel lift (9- 10 weeks)
- Wean off shoe heel lift (11- 12 weeks)
- SLOWLY transition to regular shoe wear initially around the house, then increase to outside activities
- Initiate static balance activities as tolerated - Initiate gentle passive dorsiflexion after 8 weeks
- Initiate light resistance bands (level 1)
- Initiate toe raising exercises with the good leg supporting the injured leg(9-10 weeks)
- 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
- Full activity and Sport Specific activity: May take 6 months to a year.

\*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