

Achilles Non-Operative Protocol

Waconia Office
560 South Maple St.
Suite 200
Waconia, MN 55387
Phone: 952-442-2163
Fax : 952-442-5903

Chaska Office
212 Medical Center
111 Hundertmark Rd.
Suite 460
Chaska, MN 55318
Phone: 952-456-7400
Fax: 952-456-7401

Gary E. Wyard, M.D.
Mark E. Friedland, M.D.
Robert M. Barnett, Jr., M.D.
Christopher P. Meyer, M.D.
Jeffrey J. Mair, D.O.
Daniel J. Marek, M.D.
Scott M. Holthusen, M.D.
Peter C. Sanders, M.D.

Sommer Vaughan, PA-C
Erin Maguire, PA-C
Nicole Hicks, PA-C
Mitch Fogal, PA-C
Joanne Kockelman, CPT

Day 1-9

- Hanging equinus cast or Cam Boot with 2cm heel lift
- Non weight bearing with crutches or walker

Day 10-27

- Boot with ankle at 20 degrees plantar flexion (2cm heel lift)
- Active dorsiflexion to neutral, passive plantar flexion (sit with foot hanging, allow foot to drop) actively dorsiflex to *neutral only*, Inversion/eversion in less than neutral- 5 minutes every hour
- Modalities to control swelling/promote healing
- Knee/Hip exercises as appropriate
- No weight bearing
- NWB fitness/cardio

Day 28 (week 4)

- Continue boot/night splint- remove half of the lift
- Continue all other exercises/modalities as above
- NWB

Day 42 (Week 6)

- Continue boot/night splint- Discontinue heel lift
- Start WB at 20 pounds and progress every 3 days by 20# - wean off crutches when full WB
- Continue other exercises/modalities as previously

Day 56 (week 8)

- Discontinue boot
- Light weight resistance band ROM
- Static single-leg stance balance exercises
- Weight bearing as tolerated in shoes
- Proprioception and gait retraining
- Fitness/Cardio to include WBAT (primarily walking)

Week 12

- Begin light stretching
- Continue to progress pre-heel raise strengthening with proprioception/gait/fitness
- Double leg heel raises
- Progress gradually to single leg heel raise by reducing support of contralateral leg

Week 16 (4 months)

- Single leg heel raises
- Step downs, progress from 2-inch step gradually to 8-inch step
- Continue to progress strength, proprioception, endurance

5 months

- Increase dynamic WB exercises including plyometric and sports specific training if able to perform 10 step down reps with good form from 6-8 inch step

6 months

Higher level sports activities: soccer, basketball, volleyball