

## Achilles Tendon Rupture Non-Operative Treatment

Jonathan M. Cooper, DO

Phone: 952-456-7617 | Fax: 952-456-7967

The surgeon may specify on the referral any specific requests or deviations that fall outside the scope of this protocol.

Phase I (0 – 2 Weeks)	Phase II (2 – 12 Weeks)	Phase III (Weeks 12+)
<p><b>PRECAUTIONS</b></p> <ul style="list-style-type: none"> <li>• CAM boot on at all times except hygiene</li> <li>• CAM boot with 3 heel wedges for 2 weeks</li> <li>• NWB</li> <li>• TDWB with crutches weeks 2-6</li> <li>• Limit active dorsiflexion ROM to neutral</li> </ul> <p><b>Clinical Care</b></p> <ul style="list-style-type: none"> <li>• Swelling management</li> <li>• Cryotherapy</li> <li>• Modalities</li> <li>• Elevation</li> </ul> <p><b>RANGE OF MOTION</b></p> <ul style="list-style-type: none"> <li>• AROM as tolerated</li> </ul> <p><b>EXERCISES</b></p> <ul style="list-style-type: none"> <li>• AROM</li> <li>• Isometrics</li> <li>• Pre-gait activities</li> <li>• Gait Training within restrictions</li> </ul>	<p><b>PRECAUTIONS</b></p> <ul style="list-style-type: none"> <li>• Progress from PWB to WBAT in CAM boot with 3 wedges</li> <li>• 4-6 weeks CAM boot with 2 wedges</li> <li>• 6-8 weeks CAM boot with 1 wedge</li> <li>• 8-10 weeks CAM boot with 0 wedges</li> <li>• Phase out of CAM boot after week 10+</li> <li>• Supportive shoes with heel cups or lift for 2-4 weeks</li> <li>• Avoid passive heel cord stretching</li> </ul> <p><b>RANGE OF MOTION</b></p> <ul style="list-style-type: none"> <li>• AROM plantar flexion from neutral</li> <li>• AROM with gentle dorsiflexion beginning at 6 weeks</li> </ul> <p><b>EXERCISES</b></p> <ul style="list-style-type: none"> <li>• ROM</li> <li>• Proprioception</li> <li>• Gait training</li> </ul>	<p><b>PRECAUTIONS</b></p> <ul style="list-style-type: none"> <li>• FWB</li> <li>• Plyometrics</li> </ul> <p><b>RANGE OF MOTION</b></p> <ul style="list-style-type: none"> <li>• AROM as tolerated</li> </ul> <p><b>EXERCISES</b></p> <ul style="list-style-type: none"> <li>• Continue with progression of previous phases</li> <li>• Open → Closed Kinetic Chain Strengthening</li> <li>• Progress from 2 leg standing heel-rises to 1 leg</li> <li>• Agility drills after 16 weeks</li> <li>• Pool/treadmill walking – return to running as tolerated on even surface after 14 weeks</li> <li>• Proprioception</li> <li>• Plyometrics after 20 weeks</li> <li>• Sport specific drills/activities after 20 weeks</li> </ul>
<p><b>General Goals</b></p> <ul style="list-style-type: none"> <li>✓ Tissue healing</li> <li>✓ Decrease swelling</li> <li>✓ Pain management</li> </ul>	<p><b>General Goals</b></p> <ul style="list-style-type: none"> <li>✓ Protect healing</li> <li>✓ Progress WB gait</li> <li>✓ Increase range of motion</li> </ul>	<p><b>General Goals</b></p> <ul style="list-style-type: none"> <li>✓ Normalize gait</li> <li>✓ Increase strength</li> <li>✓ Return to baseline</li> <li>✓ Return to sport (~6 months)</li> </ul>

Revised 9/2020