

Achilles Tendon Rupture Repair Rehabilitation Framework

Weeks 1-2 – Post-op, early soft-tissue healing

1	Rest, immobilize early on to protect wound, decrease inflammation
2	Elevation, NSAIDS, Analgesics
3	NWB for 1-2 wks in post-op splint until early wound healing started
4	Wound check at 1 week, sutures out at two weeks

Weeks 2-6 – Early, controlled AROM

1	Fit with adjustable cam walker, locked initially at 10-20 degrees PF, begin PWB
2	Progress from PWB to FWB with crutches or cane between weeks 2 and 4
3	Cam walker to neutral at week 3 if possible
4	Active ankle dorsiflexion to neutral with knee flexed at 90 degrees
5	Passive gravity assist PF
6	No passive heel cord stretch yet
7	Inversion/eversion AROM (ankle flexed), isometrics
8	Stationary bike (short crank, high seat) in boot, starting week 4
9	Pool walk at 3 weeks if available and wound ok

Weeks 6-12 – Full ROM, begin strengthening

1	Wean out of boot on week 8
2	Restore normal gait
3	Begin plantarflexion/dorsiflexion PRE's with light weight and knee flexed, progress to knee extended by week 8
4	Biking out of brace on week 6, slowly lower seat, increase crank arc
5	In week 8, begin gentle progressive dorsiflexion passive stretch to match contralateral side
6	General LE PRE's

Weeks 12-20 – Limited return to sports

1	Inversion/eversion isotonics
2	Aggressive DF/PF PRE's, emphasize PF eccentrics
3	Isokinetics for PF/DF if available
4	Begin proprioceptive training program
5	AROM/strengthen all directions
6	Maximize ROM/stretch
7	Retro walking endurance program, progress to running at 4-6 months (pool first)
8	CKC endurance: Stairmaster, elliptical trainer, versaclimber