

# ACHILLES TENDON RUPTURE REHABILITATION PROTOCOL

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**(PROTOCOL BEGINS FOLLOWING SUTURE REMOVAL AT 2-3 WEEKS POSTOP)**

PHASE / WEEK	WB STATUS	ROM EXERCISE	STRENGTH EXERCISE	PT ADJUNCTS / CONDITIONING
I / 3	NWB IN IN BOOT/LIFT	ACTIVE PF / GENTLE DF 2 SETS OF 5 REPS THREE TIMES DAILY	NONE	
I / 4	NWB IN IN BOOT/LIFT	ACTIVE PF / GENTLE DF ACTIVE INV / EVER CIRCUMDUCTION (BOTH DIRECTIONS) 2 SETS OF 20 REPS EACH EXERCISE	ISOMETRIC INV / EVER 2 SETS OF 20 REPS (IN NEUTRAL) TOE CURLS WITH TOWEL	GENTLE MANUAL MOBILIZATION OF SCAR TISSUE CRYOTHERAPY
I / 5	NWB IN BOOT/LIFT	CONTINUE ACTIVE MOTION EXERCISES GENTLE PASSIVE STRETCHING INTO DORSIFLEXION WITH TOWEL/STRAP	ISOMETRIC INV / EVER 2 SETS OF 10 REPS ISOMETRIC PF 2 SETS OF 10 - 20 REPS ONE RUBBERBAND INV / EVER ONE RUBBERBAND PF / DF 2 SETS OF 10 REPS EACH EXERCISE	MANUAL MOBILIZATION OF OF SCAR TISSUE STATIONARY BICYCLE 7-12 MIN MINIMAL RESISTANCE CRYOTHERAPY
II / 6-8	PROGRESS TO FULL WB IN BOOT/ WEAN LIFT	PREVIOUS ROM EXERCISES DECREASED TO 1 SET OF 10 REPS PROGRESSIVE PASSIVE DF STRETCHING WITH KNEE IN BOTH FULL EXTENSION / 30 FLEXION BEGIN STANDING CALF STRETCH <b>WEEK 7</b> WITH KNEE IN BOTH FULL EXTENSION / FLEXION	PREVIOUS ISOMETRICS DECREASED TO 1 SET OF 20 REPS PROGRESS TO 3 RUBBERBANDS INV / EVER / DF / PF 3 SETS OF 20 REPS STATIONARY BICYCLE TO 20 MIN MINIMAL RESISTANCE	GENTLE CROSS-FIBER MASSAGE TO RELEASE ADHESIONS BET TENDON & PARATENON CRYOTHERAPY ULTRASOUND / PHONOPHORESIS E-STIM AS NEEDED FOR SWELLING / EXCESS SCAR
III / 8-12	FULL WB IN BOOT / WEAN TO SHOE AT <b>WEEK 10</b>	CONTINUE STANDING CALF STRETCH	D/C ISOMETRICS CONTINUE 3 RUBBERBAND EXERCISES INV / EVER / DF / PF 3 SETS OF 20 REPS BEGIN DOUBLE-LEG HEEL RAISES WITH BODY WEIGHT <b>ONLY</b> AS TOLERATED BEGIN PROPRIOCEPTION / WOBBLE BOARD EXERCISES	MASSAGE / ETC AS NEEDED STATIONARY BICYCLE / WALKING ON TREADMILL / STAIRMASTER / WATER EXERCISES IN CHEST-DEEP WATER
IV / 12+	WEAN TO SHOE	FULL	CONTINUE DOUBLE-LEG HEEL RAISES WITH UP TO 1.5 X BODY WEIGHT AS TOLERATED BEGIN SINGLE-LEG HEEL RAISES AS TOLERATED	WALK-RUN ON TREADMILL CONTINUOUS RUNNING UP TO 20 MIN BEFORE ADDING FIGURE-8 & CUTTING DRILLS WATER EXERCISES (HOPPING / BOUNDED / JUMPING) IN WAIST-DEEP WATER