

Achilles Tendon Rupture

Dr. Ian Rice

Achilles Rupture

- After surgery: Plantarflexed splint. NWB.
- 10-14 days: Return to clinic. Remove splint, apply CAM boot with heel inserts to maintain plantar flexion. Continue NWB. May shower.
- 4 weeks: Progressive WB in boot with assist device. Begin active plantarflexion ROM out of boot.
- 6 weeks: Return to clinic. WBAT in boot. One wedge removed. Plantarflexion decreased one wedge every 2 weeks until neutral in boot.
- 8 weeks: Gentle passive stretching started. Introduce strengthening in PT. Begin to slowly wean into shoes only walking for daily activities, no walking for exercise. Compression sock as needed.
- 12 weeks: Return to clinic. In normal shoes. Ramp up daily activities. If increased pain one day, apply boot until relieved.
- 6 months: Running and gradual return to sport over many months. Will not return to full capacity until 1 year

Last Updated 5/8/2015