

Achilles Tendon Rehabilitation Protocol

Operative and Non-Operative Management

0 - 2 weeks :

- NWB with crutches /RW
- Bulky dressing and splint with foot in plantar flexion

2 - 4 weeks :

- CAM Boot with 3 cm heel lift
- protected WB with crutches /RW in CAM Boot
- Active PF , DF to neutral, Inversion / Eversion below neutral

4 - 6 weeks :

- CAM Boot with 2 cm heel lift at 4 weeks
- WBAT in CAM boot
- Continue treatment as per 2_4 weeks

6 - 8 weeks :

- CAM Boot with 1 cm heel lift at 6 weeks
- WBAT in CAM boot
- D/C heel lift at 8 weeks , keep WBAT in CAM boot
- DF stretching slowly , to 0 degrees only
- Graduated resistance exercise (OKC, CKC, functional)
- proprioceptive and gait training

8 - 12 weeks :

- wean off CAM boot at 10 weeks
- Return to crutches/ cane prn , then wean
- Continue to progress ROM, STR, proprioception

>12 Weeks :

- Continue to progress ROM, STR, proprioception
- Retrain strength, power, endurance
- Increase dynamic WB exercises include plyometric and sport specific training



دكتور أحمد المحمّد
جراحة كسور العظام و تبديل المفاصل
جراحة القدم والكاحل



dr_ahmad_almohammad