

Achilles Tendon ACCELERATED Functional Rehabilitation Protocol

Weeks	Brace	Weight Bearing	Heel Raise	Crutches	PT Exercises	Treatment techniques
0-2	CAM boot	NWB	2cm	AC's	- Elevation - Hip, Knee exercises - Toe curls	- Pain and oedema control - Soft tissue work to calf / foot
2-6	CAM boot	Protected WB as required	2 cm at 2 weeks 1cm at 4 weeks	AC / EC	- Active PF / DF to neutral, full inversion / eversion of ankle. - Modalities to control swelling. - Knee / Hip exercises as appropriate. - NWB fitness / cardio work. - Hydrotherapy (within motion and WB limitations). - Exercise bike in CAM boot	- Pain and oedema control - Soft tissue work to calf, foot, scar (as healed), and Achilles from 4 weeks. - Mobilisation to ankle and foot from 4 weeks.
6-8	CAM boot	WBAT	Nil	Nil	- Dorsiflexion stretching slowly. - Graduated resistance exercises (OKC, CKC, functional) - Proprioceptive gait retraining. - Modalities as indicated. - Fitness / cardio to include WBAT - Hydrotherapy.	Continue techniques as indicated.
8-12	Wean off CAM boot	WBAT	Nil	Return to EC's / cane as needed then wean.	Continue to progress ROM, strength, proprioception.	Continue techniques as indicated.
>12	Nil	WBAT	Nil	Nil	- Continue to progress ROM, strength, proprioception. - Retrain strength, power and endurance. - Increase dynamic WB exercises, include plyometric training. - Sports specific retraining	- Aim for d/c to home exercise program from 3-6 months. - Aim for 90% dorsiflexion lunge ROM and 20 single leg calf raises with 80% heel height.

Achilles Tendon **STANDARD** Functional Rehabilitation Protocol

<i>Weeks</i>	<i>Brace</i>	<i>Weight Bearing</i>	<i>Heel Raise</i>	<i>Crutches</i>	<i>PT Exercises</i>	<i>Treatment techniques</i>
0-6	CAM boot	NWB	2cm	AC's	- Elevation - Hip, Knee exercises - Toe curls	- Pain and oedema control - Soft tissue work to calf / foot - Soft tissue work to calf, foot, scar (as healed), and Achilles from 4 weeks. - Mobilisation to ankle and foot from 4 weeks.
6-12	CAM boot	Protected WB as required	2 cm	AC / EC	- Active PF / DF to neutral, full inversion / eversion of ankle. - Modalities to control swelling. - Knee / Hip exercises as appropriate. - NWB fitness / cardio work. - Hydrotherapy (within motion and WB limitations). - Exercise bike in CAM boot	Continue treatment techniques as indicated.
>12	CAM boot weaned by 14 weeks	WBAT	Nil	May need crutches / cane while weaning Cam boot.	- Dorsiflexion stretching slowly. - Graduated resistance exercises (OKC, CKC, functional) - Proprioceptive gait retraining. - Modalities as indicated. - Fitness / cardio to include WBAT - Hydrotherapy. - Continue to progress ROM, strength, proprioception. - Retrain strength, power and endurance as indicated. - Increase dynamic WB exercises, include plyometric training as needed. - Sports specific retraining if appropriate.	- Continue techniques as indicated. - Aim for d/c to home exercise program from 3-6 months. - Aim for 90% dorsiflexion lunge ROM and 20 single leg calf raises with 80% heel height.