

Achilles tendon rupture - Rehabilitation protocol¹

0 – 2 weeks

- Non weight-bearing in equinus cast from Emergency / GP

2 – 4 weeks

- Aircast walking boot with 2cm heel lift
- Protected weight-bearing with crutches
- Active plantar flexion and dorsiflexion to neutral

4 – 6 weeks

- Wean crutches to allow weight-bearing as tolerated in boot with 2cm heel lift

6 – 8 weeks

- Remove heel lift from boot
- Weight-bearing as tolerated in boot
- Slow dorsiflexion stretches
- Graduated resistance exercises

8 – 12 weeks

- Wean out of boot
- Proprioception and gait retraining

12+ weeks

- Continue to progress range of motion, strength, proprioception
- Retrain strength, power, endurance
- Increase dynamic weight-bearing exercise, include plyometric training
- Sport-specific retraining

I recommend you wear the boot whilst sleeping until weaned off at 8-12 weeks.

It can be removed for bathing, dressing and controlled stretching exercises. However, during this time, please remain non-weight bearing when not wearing the boot for protection.

¹ Based on protocols from Fowler Kennedy and Willits 2012