

Achilles Tendon ACCELERATED 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>
0-2	CAM boot	NWB	2cm	AC's	<ul style="list-style-type: none"> Elevation Hip, Knee exercises Toe curls 	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> Dorsiflexion stretching slowly. Graduated resistance exercises (OKC, CKC, functional) Proprioceptive gait retraining. Modalities as indicated. Fitness / cardio to include WBAT Hydrotherapy. 	<ul style="list-style-type: none"> Continue techniques as indicated.
8-12	Wean off CAM boot	WBAT	Nil	Return to EC's / cane as needed then wean.	<ul style="list-style-type: none"> Continue to progress ROM, strength, proprioception. 	<ul style="list-style-type: none"> Continue techniques as indicated.
>12	Nil	WBAT	Nil	Nil	<ul style="list-style-type: none"> Continue to progress ROM, strength, proprioception. Retrain strength, power and endurance. Increase dynamic WB exercises, include plyometric training. Sports specific retraining 	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> Elevation Hip, Knee exercises Toe curls 	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> Continue treatment techniques as indicated.
>12	CAM boot weaned by 14 weeks	WBAT	Nil	May need crutches / cane while weaning Cam boot.	<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> 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.

We would like to acknowledge the contribution of Luke Blunden (Physiotherapist - MC Physio & Ballarat Health Services.)