

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	<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	<u>2cm at 2 weeks</u> <u>1cm at 4 weeks</u>	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. 	<ul style="list-style-type: none"> * Pain and oedema control. ----- * Soft tissue work to calf, foot, scar (as healed), and Achilles from 4 weeks. * NWB fitness / cardio work. * Hydrotherapy (within motion and

	<ul style="list-style-type: none"> * Mobilisation to ankle and foot from WB limitations). 4 weeks. * Exercise bike in CAM boot. 					
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. 	* 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	<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.

Protocol developed by Mr Luke Spencer (Orthopaedic Surgeon - BallaratOSM) and Mr Luke Blunden (Physiotherapist – Ballarat Sports Medicine)

109 Webster Street, Lake Wendouree Vic 3350

tel. 03 5332 2969 fax. 03 5332 2003

www.ballaratasm.com.au