

## Achilles Tendon STANDARD Functional Rehabilitation Protocol

Weeks	Brace	Weight Bearing	Heel Raise	Crutches	PT Exercises	Treatment techniques
0-6	CAM boot	NWB	2cm	AC's	<ul style="list-style-type: none"> <li>* Elevation.</li> <li>* Hip, Knee exercises.</li> <li>* Toe curls.</li> </ul>	<ul style="list-style-type: none"> <li>* Pain and oedema control.</li> <li>* Soft tissue work to calf / foot.</li> <li>* Soft tissue work to calf, foot, scar (as healed), and Achilles from 4 weeks..</li> <li>* Mobilisation to ankle and foot from 4 weeks.</li> </ul>
6-12	CAM boot	Protected WB as required	2cm	AC / EC	<ul style="list-style-type: none"> <li>* Active PF / DF to neutral, full inversion / eversion of ankle.</li> <li>* Modalities to control swelling.</li> <li>* Knee / Hip exercises as appropriate.</li> <li>* NWB fitness / cardio work</li> <li>* Hydrotherapy (within motion and WB limitations).</li> <li>* Exercise bike in CAM boot.</li> </ul>	<ul style="list-style-type: none"> <li>* Continue treatment techniques as indicated.</li> </ul>
>12	CAM boot weaned by 14 weeks	WBAT	Nil	May need crutches / cane while weaning CAM boot	<ul style="list-style-type: none"> <li>* Dorsiflexion stretching slowly.</li> <li>* Graduated resistance exercises (OKC, CKC, functional).</li> <li>* Proprioceptive gait retraining.</li> <li>* Modalities as indicted.</li> <li>* Fitness / cardio to include WBAT.</li> <li>* Hydrotherapy.</li> <li>* Continue to progress ROM, strength, proprioception</li> <li>* Retrain strength, power and endurance as indicated</li> <li>* Increase dynamic WB exercises, include</li> </ul>	<ul style="list-style-type: none"> <li>* Continue techniques as indicated</li> </ul> <hr/> <ul style="list-style-type: none"> <li>* Aim for d/c to home exercise program from 3 - 6 months</li> </ul> <hr/> <ul style="list-style-type: none"> <li>* Aim for 90% dorsiflexion lunge ROM and 20 single leg calf raises with 80% heel height.</li> <li>plyometric training as needed</li> <li>* Sports specific retraining if appropriate</li> </ul>

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