



### ACHILLES TENDON RUPTURE - Physical Therapy Prescription

\*\*\*Please fax weekly assessments/progress notes directly to DM Ortho at 303-789-3010\*\*\*

**Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Diagnosis:** R / L Achilles Tendon Repair/Rupture

**Date of Surgery:** \_\_\_\_\_

**Frequency:** 2-3 times per week for \_\_\_\_\_ weeks, Therapy to start ~14 days after surgery/injury

#### **PHASE I (Weeks 0-4)**

##### *Week 0-2*

NWB, Splint until first clinic visit (keep clean and dry), NO ROM

##### *Week 2-4*

Walking boot with Heel Lifts – may remove for hygiene only, must wear for sleep

Start PWB 50% - transition from PWB 50% with crutches to FWB starting week 4

ROM: AROM/AAROM, **limit Dorsiflexion (DF) to 0° with knee bent to 90°**, no limit on PASSIVE PF

Swelling/edema reduction modalities

#### **PHASE II (Weeks 4-8)**

##### *Week 4-6*

Walking boot with Heel Lifts - may remove for hygiene only, must wear for sleep

- Remove 1 heel lift every two weeks starting at week 4

Transition from 50% PWB -> FWB, goal is FWB in boot with heel lifts at week 6

ROM: AROM/AAROM, **limit DF to 0° with knee bent to 90°**, no limit on PF

May perform Inversion, Eversion, and DF isometrics

Stationary bike in boot

##### *Week 6-8*

Walking boot with Heel Lifts

- Continue to remove 1 heel lift every two weeks until neutral

FWB

ROM: AROM/AAROM to tolerance, **NO PASSIVE STRETCHING DORSIFLEXION PAST NEUTRAL**

Theraband strengthening all except Plantar flexion (PF), seated heel raises starting week 6,

Core, Gait mechanics in Boot

Stationary bike in boot

May start to wean from boot week 7-8

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

### **PHASE III (Weeks 8-18)**

#### *Week 8-12*

Continue to Wean from walking boot

ROM: As tolerated all plane, emphasis on function DF motion

Pain free ankle isotonic

Progress from seated heel raises to double leg heel raises to single leg heel raises

Progress Core/Kinetic Chain Strengthening

Low Impact Cardio: Stationary bike in regular shoe wear, elliptical, aquatics training

Progress walking program/Gait Mechanics

#### *Week 12-18*

Progress to PF eccentrics, end range PF strength

Low impact/Plyos once able to do 15-20 single leg heel raises

Running progressions in Alter G/Pool Running if available (50-75% BW)

Walk -> Jog progression program to start at 16 weeks if cleared previous milestones

### **PHASE IV (Week 18+)**

Advance strength and proprioception as tolerated

Linear running/jumping/plyometric progressions

Sport specific training

- Submaximal to start -> progress as appropriate

Advance to high impact sports and activity with progression

Full return to sports anticipated 8-12 months