

Dr. Ryan M. Siwiec  
Luke Dillon, PA-C  
3100 Cross Creek Pkwy, Suite 200  
Auburn Hills, MI  
248.377.8000  
www.drsiwiec.com



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## Physical Therapy Prescription – Achilles Tendon Rupture Non Operative Protocol

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Diagnosis: R / L Achilles Tendon Repair Date of Injury: \_\_\_\_\_

Frequency: 2-3 times per week for \_\_\_\_\_ weeks

### General Considerations:

- Time frames mentioned in this protocol should be considered approximate with actual progression based on clinical presentation and physician direction.

### 1-2 weeks:

- Short Leg fiberglass cast vs walking boot with 20 degrees plantarflexion/heel lifts
- TDWB with crutches for assistance

### 2-6 weeks:

- CAM boot with heel lifts
- Protected Weight bearing with crutches
  - Week 2-3: 25% Wbing
  - Week 3-4: 50% Wbing
  - Week 4-5: 75% Wbing
  - Week 5-6: 100% Wbing

### 6-8 weeks:

- remove heel lift
  - Progress with active plantarflexion and dorsiflexion ROM to neutral
  - Modalities to control swelling (US, IFC with ice, acupuncture, laser as needed)
  - EMS to calf muscle with seated heel raises when tolerated
  - Knee / hip exercises with no ankle involvement e.g. Leg lifts from sitting, prone, or side laying
  - Non weight bearing fitness / cardio; e.g. biking one leg with boot on. Deep water running.
- Emphasize using pain as guideline

### 8-12 weeks:

- Ensure pt understands tendon is still vulnerable**
- Any sudden load of achilles may result in rerupture
- Wean out of CAM boot
- Wear compression ankle brace as needed
- Continue to progress ROM
- Add double leg heel raises and progress to single leg heel raises as tolerated

### 12-16 weeks:

- Continue to progress ROM, strength, and proprioception
- Increase cardio training, running, cycling, elliptical as tolerated
- 16+ weeks: Sport specific exercises
- 4-6 months: Return to normal sporting activities that do not involve contact, sprinting, cutting
- 6-9 months: Return to all sports as long as patient has 100% strength/confidence

**Discharge criteria:** Physician indicates, Long term goals achieved, Patient personal goals achieved

Physician Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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