

Achilles Tendon Rupture Protocol

| Timeline | Goals/Milestones | Activity/Weight Bearing | Bracing |
|-----------------|--|--|--|
| Week 1 | -Swelling and pain management | -Non-weight bearing with crutches/walker/knee scooter | -Splint |
| Week 2-3 | -Swelling and pain management -Sutures/staples removed at 2 nd post-operative appointment | -Non-weight bearing with crutches/walker/knee scooter | -Hard cast |
| Week 4-7 | -Start gentle ankle range of motion exercises -Start PT -Start knee high compression socks | -Week 4: weight bearing as tolerated with 2 heel lifts -Week 5: weight bearing as tolerated with 1 heel lift -Week 6/7: weight bearing as tolerated with boot only | -CAM boot |
| Week 8-12 | -Start PT -Start resistance ankle range of motion exercises -Continue knee high compression socks | -Weight bearing as tolerated in regular shoe and 1 heel lift | -Regular shoe -Achilles tendon sleeve |
| Week 12-24 | -Continue PT -Continue knee high compression socks | -Full weight bearing as tolerated in regular shoe -Start Alfredson Stretching protocol | -Regular shoe -Achilles tendon sleeve |
| Week 25-52 | -Increase to full activities of daily living -Slowly transition into hiking, leisurely walking, or other preferred activities -Compression socks as needed | -Full weight bearing without any restrictions -Continue Alfredson Stretching protocol | -Regular shoe -Achilles tendon sleeve as needed |