

ACHILLES TENDON REHABILITATION PROTOCOL

	Mobility	Weight	Range	
0-2 WKS	Backslab	NWB + Crutches	30 Equinus	
2-4 WKS	Walking Boot with 2cm heel lift (day and night, off for shower/dressings)	50% WB + Crutches	Active 0-30 PF No DF past N Mobilise Hip/Knee	
4-6 WKS	Walking Boot with 2cm heel lift (day and night, off for shower and dressing)	WBAT + Crutches	Active 0-30 PF No DF past N	
6-8 WKS	Walking Boot with NO heel lift	WBAT, No crutches	Active DF + PF Slow Stretching	Graduated Resistance, Proprioception
8-12 WKS	Wean off Boot	WBAT, 'Bridging' Crutches/Cane		
>12 WKS	No Boot	WBAT	Progress	Strength Power Endurance

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Kevin Willits, Annunziato Amendola et al. **Operative versus Nonoperative Treatment of Acute Achilles Tendon Ruptures: A Multicenter Randomised Trial Using Accelerated Functional Rehabilitation.** JBJS Am. 2010;92:2767-2775.