



## Non-Operative Rehabilitation Program for Achilles Tendon Injury

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

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

Diagnosis: \_\_\_\_\_

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

**PHASE I (Weeks 0-2)**

- Posterior slab/splint
- Non-weight bearing with crutches

**PHASE II (Weeks 2-6)**

- Weeks 2-4
  - Aircast walking boot with 2 cm heel lift
    - Wear boot while sleeping
    - Can remove while bathing and dressing
  - Protected weight-bearing with crutches
  - Exercises:
    - Initiate active plantar flexion and dorsiflexion to neutral
    - Initiate active inversion/eversion below neutral
    - Hip/knee exercises with no ankle involvement
    - Non-weight bearing fitness exercises
    - Hydrotherapy – within motion and weight-bearing limitation
- Weeks 4-6
  - Weight-bearing as tolerated
  - Continue 2-4 week protocol

**PHASE III (Weeks 6-12)**

- Weeks 6-8
  - Remove heel lift
  - Continue weight-bearing as tolerated
  - Exercises:
    - Dorsiflexion stretching
    - Graduated resistance exercises (open and closed kinetic chain)
    - Proprioceptive and gait training
    - Fitness exercises to include WBAT – bicycling, elliptical machine
    - Hydrotherapy
- Weeks 8-12
  - Wean off boot
  - Continue to progress ROM, strength, proprioception

**PHASE IV (12 Weeks – Beyond)**

- Continue to progress ROM, strength, proprioception
- Increase dynamic weight-bearing exercise – plyometric training
- Sport-specific training
- Work to restore strength, power, endurance

**Comments:**

**Frequency:** \_\_\_\_\_ times per week

**Duration:** \_\_\_\_\_ weeks



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

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