



**DARIN W ALLRED M.D.**  
ORTHOPEDIC SURGERY AND SPORTS MEDICINE

## Achilles Tendon Non-operative physical therapy protocol

### WEEK 0-2:

- Cam walker boot with 2 heel lifts
- Non-weight bearing with crutches

### WEEKS 2-4:

- Continue cam walker boot with 2 heels lifts
- Consider using a compression stocking to be worn under your boot to assist with swelling
- Start active plantar flexion with dorsiflexion only to neutral
- Begin knee/hip exercises with no ankle involvement such as leg lifts from sitting, prone, or side-lying
- Protected weight bearing as follows
  - Week 2-3 - 25%
  - Week 3-4 - 50%
  - Week 4-5 - 75%
  - Week 5-6 - 100%
- Use pain as your guide. If you are having increased pain then you need to back off

### WEEKS 4-6:

- Continue weight bearing as tolerated in boot and can go to 1 heel lift
- May start low resistance stationary bike
- Start with Physical Therapy
- Do not dorsiflex past neutral

### WEEKS 6-8:

- Continue Physical Therapy
- Should be at 100% weight bearing in boot with 1 heel lift
- Can begin strengthening with weights/theraband
- Do not dorsiflex past neutral

### WEEKS 8-12:

- Continue Physical Therapy
- Wean out of boot to shoe with 1 heel lift (may use crutches initially to do this if necessary)
- Progressive range of motion
- Can add elliptical and walking on treadmill as tolerated
- Can add wobble board activities--seated at first and progress to supported standing
- Calf stretches while standing
- Double legged heel raises to single legged heel raises--Do not allow ankle to go below neutral

### WEEK 16 and beyond:

- Can begin dynamic weight bearing and sport specific Training

6 Months--Return to normal sporting activity