

COMPLETE PHYSIO REHAB ACHILLES RUPTURE – CONSERVATIVE MANAGEMENT

Achilles Rupture Rehab times – conservative management

Phase 1	Protection (0-6 weeks) 0-2 weeks Non-Weight Bearing (NWB) in POP/boot 2-4 weeks Partial Weight Bearing (PWB) in boot up to 50% 4 weeks Full weight bearing (FWB) in boot
Phase 2	Early Mobilisation + weaning boot (6-12 weeks) +
Phase 3	Strengthening (12- 20 weeks)
Phase 4	Return to Activity (5-8 months)
Phase 5	Return to play (9-12 months)

TREATMENT WEEK AND GOALS	TREATMENT PROCESS	
Week 1 Rest and elevate the limb Reduce Swelling and bruising Non weight bearing (NWB)	Vacoped fixed on 30 ° with wedged sole.	Patient in Equinus (30° PF) POP
Week 2 Rest and elevate the limb Reduce Swelling and bruising NWB	Consider even up shoe raise on the unaffected limb Shower using the waterproof cover	
Week 3 + 4 Partial weight bear up to 50% body weight in Vacoped To wear Vacoped 24 hours a day (remove sole overnight must put back on next morning) Avoid any DF stretches Maintain Core and activity of non – affected joints	Vacoped fixed on 30° Wear with wedged sole, wear 24hrs.	Under careful guidance start gentle active PF No active or Passive DF beyond position held in the boot Starts Quads, Hams and core strengthening
Week 5 Avoid any DF stretches Early active Rehab and limited FWB	Vacoped fixed 30-25° with wedged sole	Consider using EMS (muscle stimulation) If no concerns, continue with above + start to regain slowly PF, INV, EV under supervision of physio. Can start exercise bike Avoid any DF or stretches

IMPORTANT: This programme must only be followed under the guidance of your physiotherapist.

Do not attempt any phase of this protocol without professional supervision. Book an assessment: complete-physio.co.uk | 020 4600 4007

Week 6 Avoid any DF stretches Sleep can commence without Vacoped boot (usually around week 6)	Vacoped fixed 30-20° with wedged sole	If no concerns, Increase gentle active exercises in PF position (Seated heel raises/resistance band PF, peroneals, toe flexors, invertors of the ankle) Avoid any DF or stretches
Week 7 Avoid any DF stretches	Vacoped fixed 30-15° with wedged sole	Gradually progress above exercises in slightly advance range. Avoid any DF or stretches
Week 8 Avoid any DF stretches	Vacoped fixed 30-10° change to flat sole	Aim for full inversion/eversion/PF within limits of Vacpoed boot angle Avoid any DF or stretches
Week 9 Avoid any DF stretches	Vacoped fixed 30-5° keep flat sole	Gradually progress above exercises in slightly advance range. Avoid any DF or stretches
Week 10 Avoid any DF stretches	Vacoped fixed 30-0° keep flat sole	By Week 10 Start Proprioception/Balance work Functional movements (squats, steps,) Aim for DF to plantargrade Avoid any DF or stretches
Week 11 Avoid any DF stretches WB Rehab progressing through to daily function and NWB sports Continue to build strength, balance, proprioception and core	Discard Vacoped change to flat shoe with 1cm heel lift for 4 weeks use Vacoped outdoor	Gait re-education Progress from sitting/banded, to standing calf raises gradually (initially starting double leg) Practice double leg stance, progressing to single leg balance Exercise bike without boot (push with heel not toes)
Week 12 Avoid any DF stretches	flat shoe with 1cm heel lift. No Vacoped outdoors	Avoid any DF stretches

Week 13	flat shoe with 1cm heel lift	With caution and only if feel excessive tightness. Gentle WB dorsiflexion stretch (Lunge position) be over cautious to avoid over stretching this phase of tendon remodelling
Week 14	flat shoe with 1cm heel lift	Gradual progression of ROM, strength and balance exercises. Avoid over stretching DF
Weeks 15-24	WB in shoes without heel lift	Guidance back into activity based on meeting strength, ROM, balance and plyometric criteria – to be guided by physiotherapist. Swimming/outdoor cycling can commence at 16 weeks
9+ months		If strength, ROM, balance and plyometric criteria met then can plan return to sport