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Acute Achilles Rupture Rehabilitation Program

Time after injury	Vacoped boot	CAM boot with heel wedge	Restriction	Treatment
1-2 weeks	Dorsal POP slab with ankle in 30 ⁰ plantarflexion		Non weight bearing	<ul style="list-style-type: none"> - Wound check at 2 weeks - Change to boot at the end of 2 weeks
2-4 weeks	3	30 ⁰ wedge	Protected WB to WBAT	<ul style="list-style-type: none"> - Scar management
5-6 weeks	2	20 ⁰ wedge	WBAT	
7-8 weeks	1	10 ⁰ wedge	WBAT	<ul style="list-style-type: none"> - Boot off to sleep
9-10 weeks	0	No wedge	WBAT Commence physiotherapy	<ul style="list-style-type: none"> - AROM – inversion, eversion in PF, PF & DF to plantigrade - Actie assisted DF stretching with theraband to plantigrade - Knee/hip exercise (no ankle) - Hydrotherapy
11-12 weeks	0-3	No wedge	Wean off boot	
13-16 weeks			No running/jumping	<ul style="list-style-type: none"> - Gait retraining - AROM no restriction - Proprioception - Theraband strength & endurance training
17-26 weeks				<ul style="list-style-type: none"> - PROM no restriction - Strength & endurance training - Gentle short distance running allowed
6-9 months			- No activities involving sudden acceleration/deceleration	<ul style="list-style-type: none"> - Commence activities except those involving sudden acceleration/deceleration
9-12 months				<ul style="list-style-type: none"> - Return to all activities without restriction

Legend:

WB: Weight bearing

PROM: passive range of motion

PF: Plantarflexion

ROM: Range of motion

WBAT: Weight bearing to tolerance

AROM: active range of motion

DF: Dorsiflexion

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