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## ACHILLES INJURY REHABILITATION PROTOCOL

### Phase I (Weeks 0-2): **Immobilization in Splint**

- **Immobilization:**
  - Splint in 20 degrees of plantarflexion
- **Weightbearing:**
  - No weight placed on injured leg

### Phase II (Weeks 2-4): **50% PWB in Boot with Wedges**

- **Immobilization:**
  - Walking boot with heel wedges x 2
- **Weightbearing:** 50% weightbearing with two crutches
- **Therapeutic exercises: All done in boot**
  - Hip ABD/ADD/EXT, SLR, standing HS curl, seated quad extension
    - Perform 2x per day

### Phase III (Weeks 4-6): **Progressive WBAT (in boot, 1 wedge)**

- **Immobilization:**
  - **Walking boot—remove 1 wedge (use 1 wedge)**
- **Weightbearing:**
  - Week 4-5: 75% Weightbearing with bilateral crutches
  - Week 5-6: Weightbearing as tolerated (no crutches)
- **Therapeutic 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

### Phase IV (Weeks 6-8): **WBAT, no wedges**

- **Immobilization:**
  - **Walking boot—remove wedge (boot only, no wedges)**
- **Weightbearing:**
  - Weightbearing as tolerated
- **Therapeutic Exercises**
  - Dorsiflexion stretching
  - Graduated resistance exercises (open and closed kinetic chain)
  - Proprioceptive and gait training
  - Fitness exercises to include WBAT – bicycling, elliptical machine
  - Hydrotherapy

**Phase IV (Weeks 8-12): Boot can be removed for sleep/exercise**

- **Immobilization:**
    - Walking boot—for ambulation, remove for exercise, sleep
  - **Weightbearing:**
    - Weightbearing as tolerated
  - **Therapeutic Exercises**
    - Continue to progress ROM, strength, and proprioception
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**Phase IV (Weeks 12-16): Discontinue Boot**

- **Immobilization:**
    - Sneaker with heel lift (discontinue boot)
  - **Weightbearing:**
    - Weightbearing as tolerated
  - **Therapeutic Exercises**
    - Continue to progress ROM, strength, and proprioception
    - Begin 2-inch step down with toes off edge
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**Phase IV (Weeks 16-24): Sports-Specific Training**

- **Immobilization:**
    - Sneaker without heel lift
  - **Weightbearing:**
    - Weightbearing as tolerated
  - **Therapeutic Exercises**
    - Increase dynamic weight-bearing exercises—plyometric training
    - Sports-specific training
    - Work to restore strength, power, endurance
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**Phase IV (Weeks 24+): Gradual Return to Sport**

- **Immobilization:**
  - Patient discretion
- **Weightbearing:**
  - Weightbearing as tolerated
- **Activity:**
  - Gradual return to sport