

CONSERVATIVE TREATMENT OF AN ACHILLES TENDON RUPTURE

Weeks 0–2 (from plaster cast application)

- Plaster cast at 30° of ankle plantar flexion
 - Weight-bearing is not allowed
 - Walking with crutches
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Weeks 3–4

- Orthosis locked in 0°, **with four 1.5-cm heel wedges**
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Weeks 5–6

- Orthosis dynamised 0–15° or 0–20° (depending on the orthosis), **remove two heel wedges**
 - Appointments with a rehabilitation physician and a physiotherapist in week 5
 - The orthosis is worn at all times, removed for washing
 - Washing is allowed in a seated position, while keeping the foot within the permitted range of motion
 - Full weight-bearing as tolerated is allowed in an orthosis
 - Weaning off crutches is allowed, if there is no pain or discomfort
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Weeks 7–8

- Orthosis dynamised 0–30°, **remove heel wedges**
 - Physiotherapist's appointment in week 7, if needed
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Weeks 9–12

- Physiotherapist's appointment in the beginning of week 9
 - Weaning out of the orthosis in week 9. Discontinue over the course of a few days, increasing the amount of time without the orthosis (the orthosis may be removed at night)
 - When discontinuing the use of the orthosis, it is recommended to wear shoes with a supportive sole and use a 1–1.5 cm heel lift inside the shoe for 2–3 weeks. Using the heel lift may be discontinued after 12 weeks
 - During this period, the aim is to restore normal walking patterns
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- In months 4–5, the aim is the ability to stand on one foot and rise to your toes
- Jogging and lighter jumping exercises are allowed from month 5 onwards
- Uphill running, ball games, and contact and competitive sports are allowed from months 6–8 onwards
- Depending on the sport, it is recommended to perform sport-specific exercises before returning to competitive sport. A physiotherapist can help with a gradual return to sport

EXERCISES

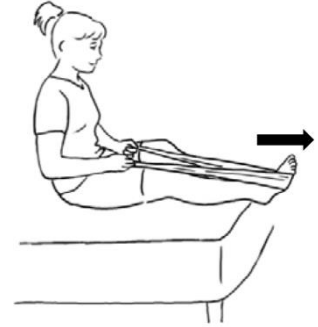
Weeks 3–4:

Extending and flexing the toes;
20–30 repetitions every few hours



Weeks 5–8:

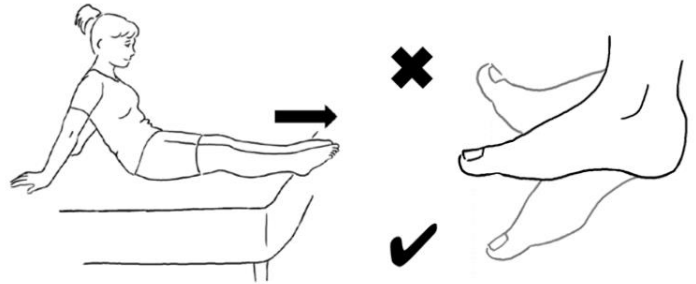
In a seated position, **wearing an orthosis**,
extending and flexing the ankle joint using a resistance band;
10–20 repetitions, 2–3 sets, 3 times a day



Weeks 9–11:

Swimming and using an exercise bike are allowed

1. In a seated position, extending and flexing the ankle joint according to the permitted range of motion;
20–30 repetitions, 2–3 sets, 3 times a day



2. Sliding the foot along the floor in a seated position according to the permitted range of motion;
20–30 repetitions, 2–3 sets, 3 times a day

3. Inward and outward rotation of the foot in a seated position; 20–30 repetitions, 2–3 sets, 3 times a day

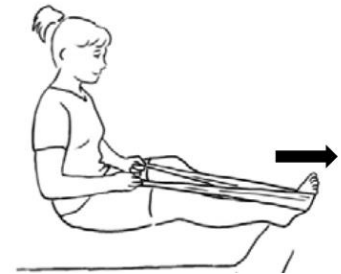




4. Rising to your toes in a seated position (without added weights); 10–20 repetitions, 2–3 sets, 3 times a day

5. Strength exercises with a resistance band (placed around the foot):

a) Flexing the ankle joint (plantar flexion); 10–20 repetitions, 2–3 sets, 3 times a day

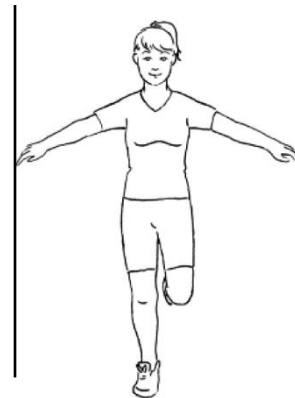


b) Inward rotation of the foot; 10–20 repetitions, 2–3 sets, 3 times a day

c) Outward rotation of the foot; 10–20 repetitions, 2–3 sets, 3 times a day



6. Rising to your toes while standing on two feet (with support). Initially, put more of your body weight on your arms; 5–10 repetitions or as long as you can, 2–3 sets daily



7. Standing on the injured foot (with support); 5–20 seconds within 2–3 minutes, 3 times a day

Weeks 12–16:

- Continue with the exercises from the previous period, as per the recommendations of your physiotherapist
- Lower body strength training (squats, leg press, lunges, etc.) is allowed

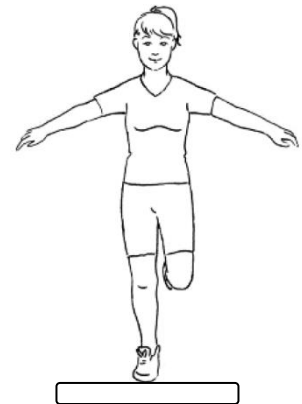
1. Rising to your toes in a seated position (with added weight);
10–20 repetitions, 2–3 sets, 3 times a day



2. Rising to your toes while standing on two feet (with support). Put more of your body weight on the injured foot;
10–15 repetitions or as long as you can, 2–3 sets daily

- Progressively, rise up to toes on two feet and lower yourself on one foot

3. Standing on the injured foot on an unstable surface;
5–20 seconds within 2–3 minutes daily

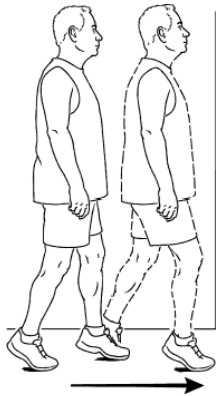


4. Stretching the calf muscles; 3 times, 10–30 seconds

Weeks 16+

Plyometric exercises may be introduced, as per the recommendations of your physiotherapist

1. Rising to your toes while standing on one leg;
10 repetitions or as long as you can, 2–3 sets daily



2. Walking on your toes (with support, if needed);
3 times, 5 metres



3. Standing on a step (heels below the edge), rise to your toes on two feet;
10–20 repetitions, 2–3 sets daily

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