

Achilles Tendon Tear Non-op Protocol

	WEIGHT BEARING	BRACE	ROM	EXERCISES
PHASE I 0-4 weeks	NWB with use of crutches	0-2 weeks: Posterior slab/splint 2-4 weeks: CAM boot	N/A	N/A
PHASE II 4-8 weeks	Progress weight-bearing as tolerated	4-6 weeks: CAM boot with 2 cm heel lifts (20° PF) 6-8 weeks: CAM boot with 1 cm heel lift	Gentle passive inversion/eversion below neutral Initiate active PF and DF to neutral NO passive DF/heel cord stretching	Stationary bike Knee/hip strengthening without ankle involvement
PHASE III 8-12 weeks	Weight-bearing as tolerated	8-10 weeks: CAM boot without heel lift 10-12 weeks: Gradually wean away from boot	Full	Light resisted DF/PF with knee flexed Inv/Ev isometrics Graduated resistance exercises (open and closed chain + functional activities) Proprioceptive and gait training
PHASE IV ➤ 12 weeks	Full	None	Full	Progress resistive DF/PF Retrain strength, power, endurance Sport specific activities