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REHAB PROTOCOL:

Name: _____

Date: _____

Diagnosis: _____

Date of Surgery: _____

Patients required to wear the boot while sleeping for first 6 weeks

Patients can remove the boot for bathing and dressing, but are required to adhere to the weightbearing restrictions according to the rehabilitation protocol.

0-2 weeks:

- Splint in plantar flexion
- Non-weightbearing with crutches

2-4 weeks:

- Walkingboot with 20° plantarflexion heel lift*
- Non-weightbearing with crutches
- Remove boot in seated position with lower extremity hanging free off table/chair/bed
- Active ankle dorsiflexion to neutral only followed by passive gravity-assisted plantarflexion as far as is comfortable only
- Modalities as indicated
- Daily HEP for active dorsiflexion and passive plantar flexion as detailed above (5 minutes every hour)

4-6 weeks:

- Remove heel lift from boot
- Non-weightbearing in boot
- Continue 2-4 week exercise protocol

6-8 weeks:

- Weightbearing in boot with crutches
- May remove boot for sleeping
- Continue same exercise protocol

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8-12 weeks:

- Wean off boot then crutches
- Initiate toe-raising exercises using the unaffected leg to support the injured leg
- Once able to perform toe raises with the injured leg unsupported, may begin Achilles stretching, strengthening, and proprioception exercises.

Beyond 12 weeks:

- Continue to progress range of motion, strengthening, proprioception
- Retrain strength, power, endurance
- Increase dynamic weight-wearing exercise, including plyometric training
- Sports-specific training

Comments:

Frequency:_____times per week

Duration:_____weeks

Signature:_____

Date:_____