

Non-operative Achilles - Therapy Guidelines

	WEIGHT BEARING	ORTHOTIC DEVICES	RANGE OF MOTION	GOALS	EXERCISES
0-4 weeks	WBAT in boot	Boot with 1.5 cm heel lift	Plantarflexion only	Dec pain and swelling	<ul style="list-style-type: none"> • Curl toes downward only • Active Plantarflexion only • No dorsiflexion • No resistance • No strengthening
4-5 weeks	WBAT in boot	Boot with 1 cm heel lift	Plantarflexion only	Working on plantarflexion only	<ul style="list-style-type: none"> • Curl toes downward only • Active Plantarflexion only • No dorsiflexion • No resistance • No strengthening
5-6 weeks	WBAT in boot	0.5 cm heel lift	Plantarflexion only	Working on plantarflexion only	<ul style="list-style-type: none"> • Curl toes downward only • Active Plantarflexion only • No dorsiflexion • No resistance • No strengthening
6-12 weeks	FWB	Boot without heel lift – wean out of boot after 6 weeks as tolerated and guided by therapist	Full ROM, including dorsiflexion	Advance to full ROM of the ankle and begin strengthening	<ul style="list-style-type: none"> • Full ankle ROM. • Begin strengthening exercises. Start with plantarflexion strengthening exercises and advance to include dorsiflexion exercises. • Advance to conditioning exercises such as elliptical, stationery biking and swimming. • Advance to resisted- strengthening.
12+ weeks	Ok to begin jogging	None	Full ROM	Sport specific activities	Return to sport