



Non operative treatment for achilles rupture

Your rehabilitation from Achilles tendon rupture is very important so as to allow you to return to your pre injury function. It will require prolonged input from you to obtain the best result.

Initially you will be placed into a Vacoped boot or a boot with wedges holding the foot in a toes pointing down position. You will be non weight bearing for 4 weeks

The boot is to remain on at all times and at night during the initial 4 weeks.

You will need to see a physiotherapist at 4 weeks following injury to begin your rehabilitation program as outlined below.

This involves progressive weightbearing, reduction of wedges and range of motion exercises with gradual progression to strengthening.

After 4 weeks the boot is to stay on at all times including at night except when undertaking the exercises.

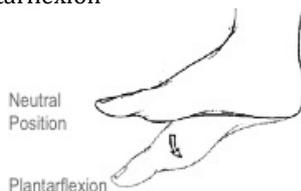
The weightbearing instruction below is a % of your body weight.

This is best calculated on a set of scales by putting your foot on the scales until you reach the recommended % of body weight to get a 'feel' for how much weight to put through your foot.

You will need to see a physiotherapist to guide you through the rehabilitation program outlined below.

Week	Weight Bearing	Crutches	Boot position	Exercises
0-4	Non weight bearing	2	3	Nil
4-5	25% weightbearing	2	3	Gentle ROM and isometric calf strengthening
5-6	50% weightbearing	2	2	Isometric calf strengthening with theraband
6-7	75% weightbearing	2	1	Isometric calf strengthening with theraband
7-8	Full weightbearing	0	0	Resisted Plantarflexion with theraband +ROM
8+	Full weightbearing	0	Out of boot	Commence weightbearing exercises

1. Isometric Strengthening occurs with no movement of ankle
2. Plantarflexion



When can I drive?

If it is your right leg affected you will not be able to drive for a minimum of 10 weeks.

If it is your left leg you can drive from 2 weeks.

When can I run?

Once you are able to undertake 10 single heel raises you can begin more physical activities.

Do not expect to be jogging before 3 months from operation.

When can I return to sport?

It may take 6 months before you can return to sports as you will need to strengthen your calf and gradually increase your activity.

If you have any questions regarding your rehabilitation please contact Mr Curry's rooms on **(03) 99286560**.