

## Achilles Non-Operative Protocol

Waconia Office  
560 South Maple St.  
Suite 200  
Waconia, MN 55387  
Phone: 952-442-2163  
Fax : 952-442-5903

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Chaska Office  
212 Medical Center  
111 Hundertmark Rd.  
Suite 460  
Chaska, MN 55318  
Phone: 952-456-7400  
Fax: 952-456-7401

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Gary E. Wyard, M.D.  
Mark E. Friedland, M.D.  
Robert M. Barnett, Jr., M.D.  
Christopher P. Meyer, M.D.  
Jeffrey J. Mair, D.O.  
Daniel J. Marek, M.D.  
Scott M. Holthusen, M.D.  
Peter C. Sanders, M.D.

Sommer Vaughan, PA-C  
Erin Maguire, PA-C  
Nicole Hicks, PA-C  
Mitch Fogal, PA-C  
Joanne Kockelman, CPT

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### Day 1-9

- Hanging equinus cast or Cam Boot with 2cm heel lift
- Non weight bearing with crutches or walker

### Day 10-27

- Boot with ankle at 20 degrees plantar flexion (2cm heel lift)
- Active dorsiflexion to neutral, passive plantar flexion (sit with foot hanging, allow foot to drop) actively dorsiflex to *neutral only*, Inversion/eversion in less than neutral- 5 minutes every hour
- Modalities to control swelling/promote healing
- Knee/Hip exercises as appropriate
- No weight bearing
- NWB fitness/cardio

### Day 28 (week 4)

- Continue boot/night splint- remove half of the lift
- Continue all other exercises/modalities as above
- NWB

### Day 42 (Week 6)

- Continue boot/night splint- Discontinue heel lift
- Start WB at 20 pounds and progress every 3 days by 20# - wean off crutches when full WB
- Continue other exercises/modalities as previously

### Day 56 (week 8)

- Discontinue boot
- Light weight resistance band ROM
- Static single-leg stance balance exercises
- Weight bearing as tolerated in shoes
- Proprioception and gait retraining
- Fitness/Cardio to include WBAT (primarily walking)

### Week 12

- Begin light stretching
- Continue to progress pre-heel raise strengthening with proprioception/gait/fitness
- Double leg heel raises
- Progress gradually to single leg heel raise by reducing support of contralateral leg

### Week 16 (4 months)

- Single leg heel raises
- Step downs, progress from 2-inch step gradually to 8-inch step
- Continue to progress strength, proprioception, endurance

### 5 months

- Increase dynamic WB exercises including plyometric and sports specific training if able to perform 10 step down reps with good form from 6-8 inch step

### 6 months

Higher level sports activities: soccer, basketball, volleyball