

Functional therapy Achilles tendon rupture operative and nonoperative (conservative) Aftertreatment with orthosis Haglundresection / debridement Achilles tendon

(Instructions for patient behaviour, physiotherapy, physical therapy, etc.)

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Time	Orthosis	Patient behavior	Physiotherapy	Physical therapy	Training therapy (athletes)
Day 0-28	Vacodiaped® 30° ankle plantiflexion	<ul style="list-style-type: none"> - Remove only for personal hygiene with help - Keep ankle ALWAYS in Equinus without orthosis - Full weight bearing - DVT prophylaxis (Heparin) 	<ul style="list-style-type: none"> - Walking training in orthosis - Strive for free function of toes 	none	<ul style="list-style-type: none"> - Concentrate on entire lower extremity - Bicycle ergometer with heel contact in orthosis - Training of proprioception
From Day 28 Week 5	Vacodiaped® 15° ankle plantiflexion	<ul style="list-style-type: none"> - Orthosis wear at daylight, Caution: toilet at night - Full weight bearing - DVT prophylaxis (Heparin) 	<ul style="list-style-type: none"> - Walking training in orthosis - Strive for free function of toes 	<ul style="list-style-type: none"> - Massage without tendon (3x) - Electrotherapy: Muscle stimulation (3-5x) 	See above <ul style="list-style-type: none"> - additionally leg press training with heel contact in orthosis
From Week 5	1 cm heel elevation	<ul style="list-style-type: none"> - NO stretching 	<ul style="list-style-type: none"> - Walking training without orthosis - Invigoration calf - NO stretching 	<ul style="list-style-type: none"> - Ultrasound therapy in scar area (3x) - Cool/heat for pain (3-5x) 	<ul style="list-style-type: none"> - Training calf muscles - Training on running ergometer without or treadmill - Intensify training of entire lower extremity
From Week 13	1cm heel elevation for 3 months	<ul style="list-style-type: none"> - Avoid extreme stress: Soccer, squash, tennis, etc. - Allowed: Swimming, Bicycling, Jogging 	<ul style="list-style-type: none"> - Walking training if necessary 	none	<ul style="list-style-type: none"> - Training of proprioception - Isopiestic test of muscle strength and training of muscle strength if necessary - Treadmill and all terrain training - Activity-specific training