

## Functional therapy Achilles tendon rupture

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

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Time	Orthosis	Patient behavior	Physiotherapy	Physical therapy	Training therapy
Day 0-28	Vacoped Achill® 30°	<ul style="list-style-type: none"> <li>- Remove only for personal hygiene with help</li> <li>- Keep ankle ALWAYS in Equinus without orthosis</li> <li>- Full weight bearing</li> <li>- DVT prophylaxis (Heparin)</li> </ul>	<ul style="list-style-type: none"> <li>- Walking training</li> <li>- Strive for free function of toes, midfoot, subtalar joint</li> <li>- Neuro-reflecting treatment in sympatic area (Th10 – L2)</li> </ul>	<ul style="list-style-type: none"> <li>- Massage leg and back (0-3x)</li> <li>- Electrotherapy: Muscle stimulation in prone position with dorsum of the foot maintained (3-5x)</li> <li>- Lymph drainage when swelling of the foot, NOT for tendon swelling!!! (3-5x)</li> </ul>	<ul style="list-style-type: none"> <li>- Concentrate on entire lower extremity</li> <li>- Bicycle ergo meter with heel contact in orthosis</li> <li>- Training of proprioception</li> </ul>
From Day 28 Week 4	Vacoped Achill® 15°	<ul style="list-style-type: none"> <li>- Orthosis wear at daylight, Caution: toilet at night</li> <li>- Full weight bearing</li> </ul>	<ul style="list-style-type: none"> <li>- Neuro-reflecting treatment in sympatic area (Th10 – L2)</li> </ul>	<ul style="list-style-type: none"> <li>- Cool/heat for pain (3-5x)</li> </ul>	<ul style="list-style-type: none"> <li>- See above</li> <li>- additionally leg press training with heel contact in orthosis</li> </ul>
From Week 8	1 cm heel elevation	<ul style="list-style-type: none"> <li>- Mobilisation with ankle dorsal extension with knee in flexed position</li> <li>- NO stretching</li> <li>- Mobilisation Achilles tendon sheath</li> </ul>	<ul style="list-style-type: none"> <li>- Walking training</li> </ul>	<ul style="list-style-type: none"> <li>- Massage without tendon (3x)</li> <li>- Electrotherapy: Muscle stimulation (3-5x)</li> <li>- Ultrasound therapy in scar area (3x)</li> <li>- Cool/heat for pain (3-5x)</li> </ul>	<ul style="list-style-type: none"> <li>- Training calf muscles</li> <li>- Training on running ergo meter without or treadmill</li> <li>- Intensify training of entire lower extremity</li> </ul>
From Week 12	1cm heel elevation for 3 months	<ul style="list-style-type: none"> <li>- Avoid extreme stress: Soccer, squash, tennis, etc.</li> <li>- Allowed: Swimming, Bicycling, Jogging</li> <li>- Control other body regions for correct function: Hip, pelvis spine</li> </ul>	<ul style="list-style-type: none"> <li>- Walking training if necessary</li> </ul>	<ul style="list-style-type: none"> <li>-</li> </ul>	<ul style="list-style-type: none"> <li>- Training of proprioception</li> <li>- Isopiestic test of muscle strength and training of muscle strength if necessary</li> <li>- Treadmill and all terrain training</li> <li>- Activity-specific training</li> </ul>