

## Achilles Tendon Rupture: Patient Guide

### Treatment Options Summary

Non Operative	Operative
4 Weeks in plaster non weight bearing w/crutches	3 Weeks in plaster non weight bearing w/crutches
4 Weeks in walking boot full weight bearing	5 Weeks in walking boot full weight bearing
Lower complication rate	Higher complication rate
Higher re-rupture rate	Lower re-rupture rate
Slower return to activities	Faster return to activities

### What Should I Do?

This will depend on your discussion with Dr. DeFrino. In general, if you are active (and want to return to those activities) fit and healthy and a nonsmoker, an operation is advised, if you are a smoker, diabetic or have other medical problems, non-operative management maybe advised.

### Immobilization (no operation) Rehabilitation Protocol

Week (from injury)	Support	Weight Bearing Status
1-4	Cast in equinus (tip toe)	Non weight bear
5+6	Walking boot - 2 heels raises (16%)	Full weight bear
7+8	Walking boot-1 heel raises (10%)	Full weight bear
After 8	Normal Shoe	Full weight bear

### Operation Rehabilitation Protocol

Post-Operative Week	Support	Weight Bearing Status
1	Splint	Non weight bear
2	Cast	Non weight bear
3	Cast	Non weight bear
4	Boot	Full weight bear
5	Boot	Full weight bear
6	Boot	Full weight bear
7	Boot	Full weight bear
8	Boot	Full weight bear
After 8	Normal Shoe	Full weight bear & Physical Therapy