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**PATIENT NAME:**

**DATE OF INJURY:**

**Physical Therapy ORDER – Non-Operative Treatment of Achilles Tendon Tear**

Phase I (Weeks 0-2)

- Weight Bearing: NWB with crutches
- Brace: plantar flexion splint
- No formal PT

Phase II (Weeks 2-6)

- Weight bearing: partial WB in CAM walker boot with two heel wedges
- Brace: CAM walker boot at all times (except showering)
- Range of Motion: PROM/AROM/AAROM of ankle from full plantar flexion to neutral (NO DORSIFLEXION PAST NEUTRAL), inversion/eversion, toe flexion/extension
- Therapeutic Exercises:
  - o Soft tissue mobilization, desensitization, edema control

Phase III (Weeks 6-12)

- Weight bearing: Progress slowly to full WB
- Brace: CAM walker boot (remove first heel wedge at week 6 and second at week 10)
- ROM: PROM/AROM/AAROM of ankle to neutral (no dorsiflexion past neutral)
- Therapeutic exercises
  - o Step ups, side steps
  - o Proprioception exercises

Phase IV (Months 3-6)

- Progress with strengthening, proprioception, gait training
- Wean out of CAM boot
- Begin light jogging at 6 mo
- Running/cutting at 8 mo
- Return to sport 9-12 months