

## Dr. Sun's Nonoperative Achilles protocol

For standard risk patients DVT prophylaxis is 325 mg aspirin daily for the first 6 weeks.

Weeks 0-3: Splint in near maximum ankle plantarflexion to allow scar formation and initial healing.  
Nonweightbearing with crutches or knee scooter

Weeks 3-4: Weightbearing as tolerated in Achilles boot with 4 wedges. At this time, please wear the boot even at night at least until week 5. Boot must be on at all times when out of bed.  
Do not dorsiflex ankle beyond what wedges have your ankle at that time.

Week 4: Remove 1 wedge from the boot now and again every 4 days down to 1 wedge.

Week 6: Schedule PT well in advance to start at this time.

Week 9-10: Beginning weaning out of boot and continue increasing strength training with guidance from physical therapist.

Above protocol to be used in conjunction with the Mass General Brigham rehab protocol for Achilles ruptures below:

<https://www.massgeneral.org/assets/mgh/pdf/orthopedics/sports-medicine/physical-therapy/rehabilitation-protocol-for-achilles-tendon-repair.pdf>