



MR PETER ROSENFELD MBBS FRCS(Orth)
CONSULTANT ORTHOPAEDIC
FOOT AND ANKLE SURGEON

Clinic for Foot & Ankle Surgery
The Lister Hospital
Chelsea Bridge Road
London SW1W 8RH

Tel: 0845 643 4553
Fax: 0845 643 9932
Email: info@cfas-uk.com

VACOPED Accelerated Achilles Rehabilitation Programme

TIME	IMMOBILISATION	REHABILITATION
0-2 WEEKS	IMMOBILISE IN PLASTER 2 WEEKS STRICT ELEVATION 1 WEEK CLINIC REVIEW AT 2 WEEKS	<i>Maintenance of other limbs</i>
2-4 WEEKS	CHANGE TO VACOPED ACHILLES LOCK AT 30° PLANTAR FLEXION FULLY WEIGHTBEARING WEAR 24 HRS A DAY. CAN TAKE OFF WHEN SITTING.	PHYSIOTHERAPY STARTS <i>Soft tissue massage</i> <i>Passive ROM</i> <i>Gentle Active</i>
4-6 WEEKS	REMOVE WALKER AT NIGHT. INSERT DYNAMIC HINGES 15-30°	<i>Active PF with Theraband</i> <i>Seated heel raises</i> <i>ROM 10° DF maximum</i> <i>Full PF, inversion and eversion</i> <i>Proprioception/balance etc</i> <i>Gait re-education</i>
6-8 WEEKS	0-30° HINGES	
8-12 WEEKS	BACK HINGE +10 TO -10 FOR 2 WEEKS THEN DISCARD AND CHANGE TO FLAT SHOE WITH HEEL RAISE	<i>Gentle WB dorsiflexion stretch (lunge position)</i> <i>Ecc/Con loading (bilat to single. Emphasise ecc phase)</i> <i>Single stairs</i> <i>Progress to upslope and downslope.</i> <i>NWB aerobic exercises - e.g. cycling (push with heel, not toes).</i> <i>Monitor inflam. signs and rehabilitation accordingly.</i> <i>Discard crutches when DF 10°</i>
12-16 WEEKS		<i>Jogging progressing to fast acc. & deceleration.</i> <i>Directional running / cutting</i> <i>Pylometrics. e.g. toe bouncing upwards / forwards /directional</i>
16-20 WEEKS	FULL SPORTS	

