

# Achilles Tendon Rupture Recovery Journey

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## TOES DOWN AT ALL TIMES – DAY AND NIGHT – 24/7

Recovery is a game of Snakes and Ladders. Each week brings progress, but **one mistake** can set you right **back to square one**.

70	69	68	67	66	65	64	WEEK 10	Select a shoe with "heel" ready for use after the boot.
67	58	59	60	61	62	63	WEEK 9	Sitting tip-toe exercises.
57	55	54	53	52	51	50	WEEK 8	Book your Physio to start after week 10.
43	44	45	46	47	48	49	WEEK 7	As your heel comes down there may be tightness – all to be expected.
41	40	39	38	37	36	35	WEEK 6	Adjusting the boot is satisfying, knowing you are progressing.
29	30	31	32	33	34	35	WEEK 5	Have you arranged a follow-up appointment?
28	27	26	25	24	23	22	WEEK 4	You should be walking well without any crutches.
15	16	17	18	19	20	21	WEEK 3	Will your blood thinners last long enough?
14	13	12	11	10	9	8	WEEK 2	Have you got a lighter night-splint yet?
1	2	3	4	5	6	7	WEEK 1	Is Surgery needed? A scan may help this decision.

**CAUTION:** Your foot only needs to come up ONCE to 'hit a snake' and go right back to square one. This is because if your foot comes up, the torn ends of the tendon pull apart again. Be seated and maintain tip toe position e.g. when boot off for washing.

