

# Exercises and advice for a ruptured Achilles tendon

Department of Physiotherapy

Information for Patients

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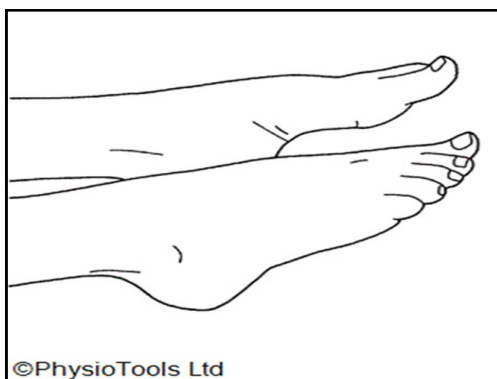
## Introduction

You have completed the COVID-Modified Leicester Achilles Management Protocol (CM-LAMP), wearing the VACOped boot. Your Achilles tendon has healed and the VACOped boot will be taken off in the clinic. Some patients may need to wear the boot for longer than the normal period of 8 weeks.

You will be told what to do after your boot is removed. Please follow the advice in this leaflet. The greatest risk of re-injury is in the first 3 months after the boot is removed. Please take extra care during this time.

## Soaking in warm water and massage

Once a day, soak your foot in warm water for 10 minutes. Follow this by 2 minutes of gentle massage using the thumb and index finger along the length of the Achilles tendon, especially over any thickened area where the injury was.



Gently move your foot up and down at the ankle joint.

Repeat 10 times, once a day after soaking and massage.

**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

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## Exercises



Place your foot against the wall and push your foot into the wall gently.

Hold for 5 seconds.

Repeat 10 times, 3 times a day.



Sitting on a chair, raise your heel up so you are resting on your toes.

Hold for 5 seconds.

Repeat 10 times, 3 times a day.

## Driving

Please do not drive for 2 weeks as you could reinjure your Achilles tendon during an emergency stop. Start with short journeys and slowly increase this distance.

## Walking

Wear comfortable shoes (trainers) for walking. Start with 3 walks of 10 minutes every day outside if you can. You can slowly increase this distance by 2 to 5 minutes each day (for each walk). You can stop using the crutches when you feel confident to do so.

**Contact details :** Physiotherapy Department 0116 258 5816.

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