

Patient information

Achilles acute tendon rupture – conservative management



Today in clinic you would have had the walking boot with wedges fitted and checked.

Please try to weight bear as pain allows using your crutches.

Two weeks after your boot has been fitted, remove 1 wedge and fully weight bear as you are able.

Four weeks after your boot has been fitted, remove another wedge and carry on fully weight bearing.

Six weeks after your boot has been fitted, remove the last wedge and continue weight bearing as before in the boot.

You should have an appointment to be seen in clinic after you have been wearing your boot for eight weeks in all.

At that stage the boot will be removed and you will be referred for Physiotherapy as seen appropriate by your consultant.

Remember that you have to wear your boot at all times, day and night.

You may remove it to wash but ensure you keep your foot in the same position it was while in the boot.

If there are any problems or concerns call: Telephone 01284 713306 or 01284 713309, Monday - Friday 8.30am - 5.00pm

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