Boesen et al Am J Sports Med

Patient criteria	Healthy Men with ATR
Inclusion criteria	 Age between 18-60 years Clinically and ultrasound diagnosed ATR Achilles tendon rupture < 4 days Should be able to follow regime and postoperative controls during the 12 month
Exclusion criteria	 Bilateral ATR Acute distal Achilles rupture (insertion of calcaneus) Former ATR or Achilles tendon surgery on the same side. Severe medical illness: ASA score > 2 Diabetes or cardiovascular disease Steroid or PRP injections < 6 month Treatment with fluoroquinolones < 6 month

Appendix Table A1 Patient Inclusion and Exclusion Criteria in Men with Acute Achilles Tendon Rupture (ATR).

Basic exercises# - Active ankle range of motion without weight (pronation, supination, dorsal and plantar flexion) 2 x 10 reps. Standing heel-rise 3 (2 x 3 sec tempo) x 10 reps - One standing leg balance exercise 3 x 30 sec. Basic exercises - Ankle range of motion (pronation, supination, dorsal and plantar flexion) with elastic band (knee extended) 2 x 20 Week 9-11 - Focus on gait training Squat exercises with own body weight 2 x 15 - Core training - Swimming aloud from week 10 - Basic exercises Week 12-16 - Basic exercises with ores without help. Week 12-16 - Standing leg balance exercise with closed eyes 3 x 30 sec. - Lunges (only with injured leg in front) 2 x 10 reps. - One standing leg balance exercises with closed eyes 3 x 30 sec. - Swimming and cross-trainer (easy) aloud. - Starting light jogging from week 16 if the above exercises could be performed. - Running on even ground allowed when patient were able to perform 5 proper single-legged heel-rises with approximately 90% of the height of the un-injuried side.		
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- Return to non-competitive sport gradual from 6 month		
		 Return to heavy demanding sports from 9 month

Appendix Table A2 Training Rehabilitation Protocol in Patient with Acute Achilles Rupture. [#]Home exercises should be performed 2 times/day