

Patient criteria	Healthy Men with ATR
Inclusion criteria	<ul style="list-style-type: none"> - 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	<ul style="list-style-type: none"> - 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[#]	<ul style="list-style-type: none"> - Exercise biking 10-15 min. (from week 10) - 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.
Week 9-11	<ul style="list-style-type: none"> - Basic exercises - Ankle range of motion (pronation, supination, dorsal and plantar flexion) with elastic band (knee extended) 2 x 20 - Focus on gait training - Squat exercises with own body weight 2 x 15 - Core training - Swimming aloud from week 10
Week 12-16	<ul style="list-style-type: none"> - Basic exercises - Walk on toes (support if needed) 2 x 5 m. Aloud climbing stairs if possible to walk 5 m on toes without help. - Standing heel-rises with increase weight 3 x 10 reps. - One standing leg balance exercise with closed eyes 3 x 30 sec. - Lunges (only with injured leg in front) 2 x 10 reps. - Core training - Swimming and cross-trainer (easy) aloud.
From week 16	<ul style="list-style-type: none"> - 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-injured side. - 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