Appendix 2

Table X | Individual rehabilitation protocols of all studies included to the systematic review and meta-analysis

| Author / Year | Group | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 | > Week 9 |
|-----------------------|---------------------|--|--|--|--|--|--|--------|--------|----------|
| Group 1 (WB - | + M) vs. G ı | roup 2 (WB + IM) | | | | | | | | |
| | 1 | FWB below-knee dorsal cast active free PF and DF limited to 0° | FWB below-knee dorsal cast active free PF and DF limited to 0° | FWB below-knee dorsal cast active free PF and DF limited to 0° | FWB below-knee dorsal cast active free PF and DF limited to 0° | FWB below-knee dorsal cast active free PF and DF limited to 0° | FWB below-knee dorsal cast active free PF and DF limited to 0° | | | |
| Kangas et al. 2003 | 2 | FWB below-knee dorsal cast fixed in 0° (neutral position) | | | |
| Kangas et al. | 1 | FWB below-knee dorsal cast active free PF and DF limited to 0° | FWB below-knee dorsal cast active free PF and DF limited to 0° | FWB below-knee dorsal cast active free PF and DF limited to 0° | FWB below-knee dorsal cast active free PF and DF limited to 0° | FWB below-knee dorsal cast active free PF and DF limited to 0° | FWB below-knee dorsal cast active free PF and DF limited to 0° | | | |
| 2007 | 2 | FWB below-knee dorsal cast fixed in 0° (neutral position) | | | |
| Kauranen et | 1 | NWB below-knee dorsal cast active free PF and DF limited to 0° | NWB below-knee dorsal cast active free PF and DF limited to 0° | FWB below-knee dorsal cast active free PF and DF limited to 0° | FWB below-knee dorsal cast active free PF and DF limited to 0° | FWB below-knee dorsal cast active free PF and DF limited to 0° | FWB below-knee dorsal cast active free PF and DF limited to 0° | | | |
| al. 2002 | 2 | NWB below-knee plaster cast fixed in 0° (neutral position) | NWB below-knee plaster cast fixed in 0° (neutral position) | FWB below-knee plaster cast fixed in 0° (neutral position) | | | |
| Lantto et al. 2015 | 1 | NWB below-knee dorsal cast active free PF and DF limited to 0° | NWB below-knee dorsal cast active free PF and DF limited to 0° | FWB below-knee dorsal cast active free PF and DF limited to 0° | FWB below-knee dorsal cast active free PF and DF limited to 0° | FWB below-knee dorsal cast active free PF and DF limited to 0° | FWB below-knee dorsal cast active free PF and DF limited to 0° | | | |

| | 1 | NWB below-knee dorsal cast fixed in 0° (neutral position) FWB short leg cast in equinus position | NWB below-knee dorsal cast fixed in 0° (neutral position) FWB short leg cast in equinus position | FWB below-knee dorsal cast fixed in 0° (neutral position) FWB foam walker boot with 3 heel wedges, remove 1 heel wedge / | FWB below-knee dorsal cast fixed in 0° (neutral position) FWB foam walker boot with 3 heel wedges, remove 1 heel wedge / | FWB below-knee dorsal cast fixed in 0° (neutral position) FWB foam walker boot with 3 heel wedges, remove 1 heel wedge / | FWB below-knee dorsal cast fixed in 0° (neutral position FWB foam walker boot with 3 heel wedges, remove 1 heel wedge / | FWB walker is removed | FWB walker is removed |
|------------------------------------|-----------------------------|--|--|---|---|---|--|---|--|
| Schepull et al. 2013 | 2 | FWB short leg cast in equinus position | FWB short leg cast in equinus position | week FWB short leg cast in equinus position is replaced with one in neutral position at 3.5 weeks | week FWB short leg cast in neutral position | week FWB short leg cast in neutral position | week FWB short leg cast in neutral position | FWB Cast is removed | FWB Cast is removed |
| Valkering et al. 2017 Group 1 (WB | 1 2 + M) vs. G | FWB Orthosis with 15- 30° PF NWB below-knee plastercast fixed in 30° PF Group 4 (NWB + IM) | FWB Orthosis with 15- 30° PF NWB below-knee plastercast fixed in 30° PF | FWB Orthosis with 5- 30° PF FWB Removable walker with 3 heel wedges, 1 wedge removed per week | FWB Orthosis with 5- 30° PF FWB Removable walker with 3 heel wedges, 1 wedge removed per week | FWB Orthosis with 5- 30° PF FWB Removable walker with 1 heel wedges, 1 wedge removed per week | FWB Orthosis with 5- 30° PF FWB Removable walker with 1 heel wedges, 1 wedge removed per week | | |
| Cetti et al. 1994 | 1 | FWB Mobile walking cast with limited dorsiflexion and 20° PF position, further PF not limited NWB Rigid cast in 20° PF no mobilisation allowed | FWB Mobile walking cast with limited dorsiflexion and 20° PF position, further PF not limited NWB Rigid cast in 20° PF no mobilisation allowed | FWB Mobile walking cast with limited dorsiflexion and 20° PF position, further PF not limited NWB Rigid cast in 20° PF no mobilisation allowed | FWB Mobile walking cast with limited dorsiflexion and 20° PF position, further PF not limited NWB Rigid cast in 20° PF no mobilisation allowed | FWB Mobile walking cast with limited dorsiflexion and 20° PF position, further PF not limited NWB Rigid cast in 20° PF no mobilisation allowed | FWB Mobile walking cast with limited dorsiflexion and 20° PF position, further PF not limited NWB Rigid cast in 20° PF no mobilisation allowed B | FWB Removal of cast, Walking with 1/2 step, 1cm heel rise, active unloaded ankle exercises NWB Removal of cast, Walking with 1/2 step, 1cm heel rise, active unloaded ankle exercises | FWB Walking with 1/2 step, 1cm heel rise, active unloaded ankle exercises NWB Walking with 1/2 step, 1cm heel rise, active unloaded ankle exercises |
| Maffulli et al. 2003 (1) | 1 | FWB below-the-knee plaster of paris cast in natural equinus | FWB below-the-knee slab with free PF an DF limited to 0 | FWB below-the-knee slab with free PF an DF limited to 0° | FWB below-the-knee slab with free PF an DF limited to 0° | FWB below-the-knee slab with free PF an DF limited to 0° | FWB below-the-knee slab with free PF an DF limited to 0° | | |

| | 4 | NWB below-the-knee synthetic cas in natural equinus | NWB Plaster Cast fixed in less PF (mid equinus) | NWB Plaster Cast fixed in less PF (mid equinus) | NWB Plaster Cast fixed in 0° DE | FWB Plaster Cast fixed in 0° DE | FWB Plaster Cast fixed in 0° DE | | |
|---------------------------------|---|---|---|---|---|---|---|---|--|
| Porter et al. | 1 | NWB Heavy crepe bandage and immediate ROM exercises | NWB Heavy crepe bandage and immediate ROM exercises | PWB Removable TA boot with 3 heel wedges | PWB Removable TA boot with 3 heel wedges | FWB Removable TA boot with 1-2 heel wedges | FWB Removable TA boot with 1-2 heel wedges | FWB Removable TA boot without heel wedges and | FWB Removable TA boot without heel wedges and weanig from boot |
| 2014 | 4 | NWB Hanging equinus plaster of paris slab | NWB Hanging equinus plaster of paris slab | NWB Dorsiflexion blocking orthosis at neutral position | NWB Dorsiflexion blocking orthosis at neutral position | NWB Dorsiflexion blocking orthosis at neutral position | NWB Dorsiflexion blocking orthosis at neutral position | weanig from boot PWB Dorsiflexion blocking orthosis at neutral position | PWB Dorsiflexion blocking orthosis at neutral position |
| | 1 | 10 kg of max weight bearing and two crutches in week 1 | 25 kg of max weight bearing and 1 crutch in week 2 | 40kg of max weight bearing with crutches Walking boot | FWB Walking boot Full plantarflexion till 0° Dorsiflexion | FWB Walking boot Full plantarflexion till 0° Dorsiflexion | FWB Walking boot Full plantarflexion till 0° Dorsiflexion | FWB Full plantarflexion and full Dorsiflexion | FWB Full plantarflexion and full Dorsiflexion |
| De la Fuente et al. 2016 (1) | | Walking boot Full plantarflexion till -15° Dorsiflexion | Walking boot Full plantarflexion till -7° Dorsiflexion | Full plantarflexion till 0° Dorsiflexion | | | | | |
| | 4 | NWB Walking boot Immobilization | NWB Walking boot Immobilization | NWB Walking boot Immobilization | NWB Full plantarflexion till 0° Dorsiflexion | NWB Full plantarflexion till 0° Dorsiflexion | NWB Full plantarflexion till 0° Dorsiflexion | FWB Full plantarflexion and full Dorsiflexion | FWB Full plantarflexion and full Dorsiflexion |
| | 1 | 10 kg of max weight bearing and two crutches in week 1 | 25 kg of max weight bearing and 1 crutch in week 2 | 40kg of max weight bearing with crutches Walking boot | FWB Walking boot Full plantarflexion till 0° Dorsiflexion | FWB Walking boot Full plantarflexion till 0° Dorsiflexion | FWB Walking boot Full plantarflexion till 0° Dorsiflexion | FWB Full plantarflexion and full Dorsiflexion | FWB Full plantarflexion and full Dorsiflexion |
| De la Fuente et al. 2016 (2) | | Walking boot Full plantarflexion till -15° Dorsiflexion | Walking boot Full plantarflexion till -7° Dorsiflexion | Full plantarflexion till 0° Dorsiflexion | | | | | |
| | 4 | NWB Walking boot Immobilization | NWB Walking boot Immobilization | NWB Walking boot Immobilization | NWB Full plantarflexion till 0° Dorsiflexion | NWB Full plantarflexion till 0° Dorsiflexion | NWB Full plantarflexion till 0° Dorsiflexion | FWB Full plantarflexion and full Dorsiflexion | FWB Full plantarflexion and full Dorsiflexion |
| Groetelaers et al. 2014 | 1 | NWB below-knee splint in 10° PF | FWB below-knee splint in 10° PF | FWB Achillotrain extra heel elevation Mobilization without limitation | FWB Achillotrain extra heel elevation Mobilization without limitation | FWB Achillotrain normal heel elevation Mobilization without limitation | FWB Achillotrain normal heel elevation Mobilization without limitation | | |
| | 4 | NWB below-knee splint in 10° PF | NWB below-knee splint in 10° PF | NWB below-knee splint in 10° PF | NWB below-knee splint in 10° PF | FWB below-knee splint in neutral- | FWB below-knee splint in neutral- | | |

position position

| | 2 | FWB | FWB | FWB | FWB | FWB | FWB | FWB | FWB | FWB |
|----------------------|---|------------------------|------------------------|------------------------|------------------------|-------------------------|-------------------------|------------------------|----------------------------------|----------------------------------|
| | | Off-the-shelf | Off-the-shelf | Off-the-shelf | Off-the-shelf | Off-the-shelf | Off-the-shelf | Off-the-shelf | Stepwise | Stepwise |
| | | carbon-fibre | carbon-fibre | carbon-fibre | carbon-fibre | carbon-fibre | carbon-fibre | carbon-fibre | reduction of | reduction of |
| | | orthosis with | orthosis with | orthosis with | 1.5cm heel raise | 1.5cm heel raise |
| Costa et al. 2003 | | 3x1.5cm heel | 3x1.5cm heel | 3x1.5cm heel | every 2 weeks | every 2 weeks |
| | | raise, | raise, | raise, | raise, | raise, | raise, | raise, | | |
| 2003 | 4 | NWB | NWB | NWB | NWB | NWB | NWB | NWB | FWB | FWB |
| | | Below-knee | Below-knee | Below-knee | Below-knee | Below-knee | Below-knee | Below-knee | Stepwise | Stepwise |
| | | gravity euinus | gravity euinus | gravity euinus | reduction of | reduction of |
| | | cast | cast | cast | cast | cast | cast | cast | equinus every 2 weeks till 0° | equinus every 2 weeks till 0° |
| | 2 | FWB | FWB | FWB | FWB | FWB | FWB | FWB | FWB | FWB |
| Costa et al. 2006 | | Off-the-shelf | Off-the-shelf | Off-the-shelf | Off-the-shelf | Off-the-shelf | Off-the-shelf | Off-the-shelf | Stepwise | Stepwise |
| | | carbon-fibre | carbon-fibre | carbon-fibre | carbon-fibre | carbon-fibre | carbon-fibre | carbon-fibre | reduction of | reduction of |
| | | orthosis with | orthosis with | orthosis with | 1.5cm heel raise | 1.5cm heel raise |
| | | 3x1.5cm heel | 3x1.5cm heel | 3x1.5cm heel | every 2 weeks | every 2 weeks |
| | 4 | raise, | raise, | raise, | raise, | raise, | raise, | raise, | EWD | EWD |
| | 4 | NWB | NWB | NWB | NWB | NWB | NWB | NWB | FWB | FWB |
| | | Below-knee | Below-knee | Below-knee | Below-knee | Below-knee | Below-knee | Below-knee | Stepwise reduction of | Stepwise reduction of |
| | | gravity euinus cast | gravity euinus cast | gravity euinus cast | equinus every 2 | equinus every 2 |
| | | cast | cast | Cast | cast | cast | cast | Cast | weeks till 0° | weeks till 0° |
| | 2 | PWB | PWB | PWB | PWB | PWB | PWB | FWB | FWB | FWB |
| | 2 | semi-rigid wrap | semi-rigid wrap | semi-rigid wrap | semi-rigid wrap | semi-rigid wrap |
| | | in 0° (neutral | in 0° (neutral | in 0° (neutral | in 0° (neutral | in 0° (neutral |
| Kerkhoffs et | | position) | position) | position) | position) | position) | position) | position) | position) | position) |
| al. 2002 | 4 | NWB | NWB | NWB | NWB | NWB | NWB | NWB | FWB | FWB |
| | | short-leg walking | short-leg walking | short-leg walking | short-leg walking | short-leg walking |
| | | cast in 0° (neutral | cast in 0° (neutral | cast in 0° (neutral | cast in 0° (neutral | cast in 0° (neutral |
| | | position) | position) | position) | position) | position) | position) | position) | position) | position) |
| | 2 | FWB | FWB | FWB | FWB | FWB | FWB | | | |
| | | below-the-knee | below-the-knee | below-the-knee | below-the-knee | below-the-knee | below-the-knee | | | |
| | | synthetic cast in | synthetic cast in | | | |
| Maffuli et al. | | natural equinus | natural equinus | natural position | natural position | natural position | natural position | | | |
| 2003 (2) | 4 | NWB | NWB | NWB | NWB | FWB | FWB | | | |
| | | below-the-knee | below-the-knee | below-the-knee | below-the-knee | below-the-knee | below-the-knee | | | |
| | | synthetic cast in | synthetic cast in | | | |
| | 2 | natural equinus FWB | natural equinus FWB | mid equinus FWB | mid equinus FWB | neutral position FWB | neutral position FWB | FWB | FWB | |
| | 2 | Fwb Fixed in walker | Fwb Fixed in walker | reduce walker | reduce walker | |
| | | boot with 30° PF | boot with 30° PF | boot position by | boot position by | |
| Agres et al. | | boot with 50 FF | boot with 50 FF | boot with 50 FF | DOOL WILLI SO FT | boot with 50 FF | boot with 50 FF | 10° / week | 10° / week | |
| 2018 | 4 | NWB | NWB | NWB | NWB | NWB | NWB | FWB | FWB | |
| | - | Fixed in walker | Fixed in walker | reduce walker | reduce walker | |
| | | - Inca in wanter | 1 to a mi wante | I III THURSE | 2 co iii wantoi | 1 cu iii wantoi | ca iii mainei | reduce marker | reduce manter | |

boot with 30° PF

boot with 30° PF

boot with 30° PF

boot position by

boot position by

boot with 30° PF

boot with 30° PF

boot with 30° PF

| | 1 | NWB | NWB | FWB | FWB | FWB | FWB | FWB | FWB | |
|-----------------------|------------|---------------------|---------------------|---------------------------|------------------------------|------------------------------|------------------------------|-------------------|-----------------|-------------------|
| | | posterior splint in | posterior splint in | fixed-angle | fixed-angle | fixed-angle | fixed-angle | weaning from | weaning from | |
| | | relaxed equinus | relaxed equinus | hinged ankle-foot | hinged ankle-foot | hinged ankle-foot | hinged ankle-foot | orthosis | orthosis | |
| | | position | position | orthosis 20° | orthosis 20° | orthosis 20° | orthosis 20° | | | |
| | | | | plantarflexion, | plantarflexion, | plantarflexion, | plantarflexion, | | | |
| | | | | gradually reduce | gradually reduce | gradually reduce | gradually reduce | | | |
| | | | | plantarflexion to | plantarflexion to | plantarflexion to | plantarflexion to | | | |
| | | | | 0°, active range of | 0°, active range | 0°, active range | 0°, active range | | | |
| S1141 | | | | motion exercices 0-20° | of motion exercices 0-20° | of motion exercices 0-20° | of motion exercices 0-20° | | | |
| Suchak et al. 2008 | 3 | NWB | NWB | NWB | NWB | NWB | NWB | FWB | FWB | |
| 2008 | 3 | posterior splint in | posterior splint in | fixed-angle | fixed-angle | fixed-angle | fixed-angle | weaning from | weaning from | |
| | | relaxed equinus | relaxed equinus | hinged ankle-foot | hinged ankle-foot | hinged ankle-foot | hinged ankle-foot | orthosis | orthosis | |
| | | position | position | orthosis 20° | orthosis 20° | orthosis 20° | orthosis 20° | Orthodis | Orthodis | |
| | | position | position | plantarflexion, | plantarflexion, | plantarflexion, | plantarflexion, | | | |
| | | | | gradually reduce | gradually reduce | gradually reduce | gradually reduce | | | |
| | | | | plantarflexion to | plantarflexion to | plantarflexion to | plantarflexion to | | | |
| | | | | 0°, active range of | 0°, active range | 0°, active range | 0°, active range | | | |
| | | | | motion exercices | of motion | of motion | of motion | | | |
| | | | | 0-20° | exercices 0-20° | exercices 0-20° | exercices 0-20° | | | |
| Group 1 (WB | + M) vs. (| Group 3 (NWB + M) v | | | | | | | | |
| | 1 | PWB | PWB | PWB | FWB | FWB | FWB | FWB | FWB | FWB |
| | | Walking boot 3 | Walking boot 3 | Walking boot 3 | Walking boot 3 | Walking boot 2 | Walking boot 1 | active range of | active range of | Exercise bike and |
| | | heel wedges | heel wedges | heel wedges | heel wedges | heel wedges | heel wedges | motion | motion | swimming |
| | | Immobilization | Immobilization | Early ankle | Early ankle | Early ankle | Early ankle | | | |
| | 3 | NWB | NWB | Mobilization NWB | Mobilization on NWB | Mobilization on NWB | Mobilization on NWB | NWB | NWB | FWB |
| Eliasson et al. | 3 | Walking boot 3 | Walking boot 3 | Walking boot 3 | Walking boot 3 | Walking boot 2 | Walking boot 1 | active range of | active range of | Exercise bike and |
| 2018 | | heel wedges | heel wedges | heel wedges | heel wedges | heel wedges | heel wedges | motion | motion | swimming |
| 2010 | | Immobilization | Immobilization | Early ankle | Early ankle | Early ankle | Early ankle | motion | motion | swiiiiiiiig |
| | | mmoomzaaan | minioomzation | Mobilization | Mobilization | Mobilization | Mobilization | | | |
| | 4 | NWB | NWB | NWB | NWB | NWB | NWB | NWB | NWB | FWB |
| | | Walking boot 3 | Walking boot 3 | Walking boot 3 | Walking boot 3 | Walking boot 2 | Walking boot 1 | active range of | active range of | Exercise bike and |
| | | heel wedges | heel wedges | heel wedges | heel wedges | heel wedges | heel wedges | motion | motion | swimming |
| | | Immobilization | Immobilization | Immobilization | Immobilization | Immobilization | Immobilization | | | • |
| Group 3 (NW) | B + M) vs | . Group 4 (NWB + IM |) | | | | | | | |
| _ | 3 | NWB | NWB | NWB | NWB | FWB | FWB | FWB | FWB | FWB |
| | | below-the-knee | below-the-knee | ROM Walker- | ROM Walker- | ROM Walker- | ROM Walker- | ROM Walker- | 1cm heel rise | 1cm heel rise |
| | | dorsal plaster | dorsal plaster | brace with free | brace with free | brace fixed in | brace fixed in | brace fixed in | | |
| Mortensen et | | splint in | splint in | PF and DF | PF and DF | neutral position | neutral position | neutral position | | |
| al. 1999 | | spontaneous | spontaneous | limited to 0° | limited to 0° | (DE 0°) | (DE 0°) | (DE 0°) | | |
| | | equinus | equinus | | | | | | | |
| | 4 | NWB | NWB | NWB | NWB | FWB | FWB | FWB | FWB | FWB |
| | | below-the-knee | below-the-knee | below-the-knee | below-the-knee | below-the-knee | below-the-knee | below-the-knee | 1cm heel raise | 1cm heel raise |

| dorsal plaster |
|----------------|----------------|----------------|----------------|----------------|----------------|-------------------|
| splint in | splint in neutral |
| spontaneous | spontaneous | spontaneous | spontaneous | spontaneous | spontaneous | position |
| equinus | equinus | equinus | equinus | equinus | equinus | |

WB = weightbearing; FWB = full weightbearing; PWB = partial weightbearing; NWB = non weightbearing; M = mobilization; IM = immobilization; DE = dorsal extension; PF = plantar flexion