

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. Group 2 (WB + IM)											
Kangas et al. 2003	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°	FWB below-knee dorsal cast active free PF and DF limited to 0°			
	2	FWB below-knee dorsal cast fixed in 0° (neutral position)	FWB below-knee dorsal cast fixed in 0° (neutral position)	FWB below-knee dorsal cast fixed in 0° (neutral position)	FWB below-knee dorsal cast fixed in 0° (neutral position)	FWB below-knee dorsal cast fixed in 0° (neutral position)	FWB below-knee dorsal cast fixed in 0° (neutral position)	FWB below-knee dorsal cast fixed in 0° (neutral position)			
	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°	FWB below-knee dorsal cast active free PF and DF limited to 0°			
	2	FWB below-knee dorsal cast fixed in 0° (neutral position)	FWB below-knee dorsal cast fixed in 0° (neutral position)	FWB below-knee dorsal cast fixed in 0° (neutral position)	FWB below-knee dorsal cast fixed in 0° (neutral position)	FWB below-knee dorsal cast fixed in 0° (neutral position)	FWB below-knee dorsal cast fixed in 0° (neutral position)	FWB below-knee dorsal cast fixed in 0° (neutral position)			
Kauranen et al. 2002	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°	FWB below-knee dorsal cast active free PF and DF limited to 0°			
	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)	FWB below-knee plaster cast fixed in 0° (neutral position)	FWB below-knee plaster cast fixed in 0° (neutral position)	FWB 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°	FWB below-knee dorsal cast active free PF and DF limited to 0°			

Porter et al. 2014	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		
	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 weanig from boot	FWB Removable TA boot without heel wedges and weanig from boot
	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	NWB Dorsiflexion blocking orthosis at neutral position	NWB 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	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 Walking boot Full plantarflexion and full Dorsiflexion	FWB Walking boot 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	Walking boot 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	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 Walking boot Full plantarflexion and full Dorsiflexion	FWB Walking boot Full plantarflexion and full Dorsiflexion
		Walking boot Full plantarflexion till -15° Dorsiflexion	Walking boot Full plantarflexion till -7° Dorsiflexion	Walking boot Full plantarflexion till 0° Dorsiflexion					
De la Fuente et al. 2016 (2)	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	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-		
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				
Group 2 (WB + IM) vs. Group 4 (NWB + IM)											
Costa et al. 2003	2	FWB Off-the-shelf carbon-fibre orthosis with 3x1.5cm heel raise,	FWB Off-the-shelf carbon-fibre orthosis with 3x1.5cm heel raise,	FWB Off-the-shelf carbon-fibre orthosis with 3x1.5cm heel raise,	FWB Off-the-shelf carbon-fibre orthosis with 3x1.5cm heel raise,	FWB Off-the-shelf carbon-fibre orthosis with 3x1.5cm heel raise,	FWB Off-the-shelf carbon-fibre orthosis with 3x1.5cm heel raise,	FWB Off-the-shelf carbon-fibre orthosis with 3x1.5cm heel raise,	FWB Off-the-shelf carbon-fibre orthosis with 3x1.5cm heel raise,	FWB Stepwise reduction of 1.5cm heel raise every 2 weeks	FWB Stepwise reduction of 1.5cm heel raise every 2 weeks
	4	NWB Below-knee gravity equinus cast	NWB Below-knee gravity equinus cast	NWB Below-knee gravity equinus cast	NWB Below-knee gravity equinus cast	NWB Below-knee gravity equinus cast	NWB Below-knee gravity equinus cast	NWB Below-knee gravity equinus cast	NWB Below-knee gravity equinus cast	FWB Stepwise reduction of equinus every 2 weeks till 0°	FWB Stepwise reduction of equinus every 2 weeks till 0°
Costa et al. 2006	2	FWB Off-the-shelf carbon-fibre orthosis with 3x1.5cm heel raise,	FWB Off-the-shelf carbon-fibre orthosis with 3x1.5cm heel raise,	FWB Off-the-shelf carbon-fibre orthosis with 3x1.5cm heel raise,	FWB Off-the-shelf carbon-fibre orthosis with 3x1.5cm heel raise,	FWB Off-the-shelf carbon-fibre orthosis with 3x1.5cm heel raise,	FWB Off-the-shelf carbon-fibre orthosis with 3x1.5cm heel raise,	FWB Off-the-shelf carbon-fibre orthosis with 3x1.5cm heel raise,	FWB Off-the-shelf carbon-fibre orthosis with 3x1.5cm heel raise,	FWB Stepwise reduction of 1.5cm heel raise every 2 weeks	FWB Stepwise reduction of 1.5cm heel raise every 2 weeks
	4	NWB Below-knee gravity equinus cast	NWB Below-knee gravity equinus cast	NWB Below-knee gravity equinus cast	NWB Below-knee gravity equinus cast	NWB Below-knee gravity equinus cast	NWB Below-knee gravity equinus cast	NWB Below-knee gravity equinus cast	NWB Below-knee gravity equinus cast	FWB Stepwise reduction of equinus every 2 weeks till 0°	FWB Stepwise reduction of equinus every 2 weeks till 0°
Kerkhoffs et al. 2002	2	PWB semi-rigid wrap in 0° (neutral position)	PWB semi-rigid wrap in 0° (neutral position)	PWB semi-rigid wrap in 0° (neutral position)	PWB semi-rigid wrap in 0° (neutral position)	PWB semi-rigid wrap in 0° (neutral position)	PWB semi-rigid wrap in 0° (neutral position)	PWB semi-rigid wrap in 0° (neutral position)	PWB semi-rigid wrap in 0° (neutral position)	FWB semi-rigid wrap in 0° (neutral position)	FWB semi-rigid wrap in 0° (neutral position)
	4	NWB short-leg walking cast in 0° (neutral position)	NWB short-leg walking cast in 0° (neutral position)	NWB short-leg walking cast in 0° (neutral position)	NWB short-leg walking cast in 0° (neutral position)	NWB short-leg walking cast in 0° (neutral position)	NWB short-leg walking cast in 0° (neutral position)	NWB short-leg walking cast in 0° (neutral position)	NWB short-leg walking cast in 0° (neutral position)	FWB short-leg walking cast in 0° (neutral position)	FWB short-leg walking cast in 0° (neutral position)
Maffuli et al. 2003 (2)	2	FWB below-the-knee synthetic cast in natural equinus	FWB below-the-knee synthetic cast in natural equinus	FWB below-the-knee synthetic cast in natural position	FWB below-the-knee synthetic cast in natural position	FWB below-the-knee synthetic cast in natural position	FWB below-the-knee synthetic cast in natural position	FWB below-the-knee synthetic cast in natural position	FWB below-the-knee synthetic cast in natural position		
	4	NWB below-the-knee synthetic cast in natural equinus	NWB below-the-knee synthetic cast in natural equinus	NWB below-the-knee synthetic cast in mid equinus	NWB below-the-knee synthetic cast in mid equinus	NWB below-the-knee synthetic cast in neutral position	NWB below-the-knee synthetic cast in neutral position	NWB below-the-knee synthetic cast in neutral position	NWB below-the-knee synthetic cast in neutral position		
Agres et al. 2018	2	FWB Fixed in walker boot with 30° PF	FWB Fixed in walker boot with 30° PF	FWB Fixed in walker boot with 30° PF	FWB Fixed in walker boot with 30° PF	FWB Fixed in walker boot with 30° PF	FWB Fixed in walker boot with 30° PF	FWB Fixed in walker boot with 30° PF	FWB Fixed in walker boot with 30° PF	FWB reduce walker boot position by 10° / week	FWB reduce walker boot position by 10° / week
	4	NWB Fixed in walker boot with 30° PF	NWB Fixed in walker boot with 30° PF	NWB Fixed in walker boot with 30° PF	NWB Fixed in walker boot with 30° PF	NWB Fixed in walker boot with 30° PF	NWB Fixed in walker boot with 30° PF	NWB Fixed in walker boot with 30° PF	NWB Fixed in walker boot with 30° PF	FWB reduce walker boot position by	FWB reduce walker boot position by

10° / week

10° / week

Group 1 (WB + M) vs. Group 3 (NWB + M)

	1	NWB posterior splint in relaxed equinus position	NWB posterior splint in relaxed equinus position	FWB fixed-angle hinged ankle-foot orthosis 20° plantarflexion, gradually reduce plantarflexion to 0°, active range of motion exercises 0-20°	FWB fixed-angle hinged ankle-foot orthosis 20° plantarflexion, gradually reduce plantarflexion to 0°, active range of motion exercises 0-20°	FWB fixed-angle hinged ankle-foot orthosis 20° plantarflexion, gradually reduce plantarflexion to 0°, active range of motion exercises 0-20°	FWB fixed-angle hinged ankle-foot orthosis 20° plantarflexion, gradually reduce plantarflexion to 0°, active range of motion exercises 0-20°	FWB weaning from orthosis	FWB weaning from orthosis
Suchak et al. 2008	3	NWB posterior splint in relaxed equinus position	NWB posterior splint in relaxed equinus position	FWB fixed-angle hinged ankle-foot orthosis 20° plantarflexion, gradually reduce plantarflexion to 0°, active range of motion exercises 0-20°	FWB fixed-angle hinged ankle-foot orthosis 20° plantarflexion, gradually reduce plantarflexion to 0°, active range of motion exercises 0-20°	FWB fixed-angle hinged ankle-foot orthosis 20° plantarflexion, gradually reduce plantarflexion to 0°, active range of motion exercises 0-20°	FWB fixed-angle hinged ankle-foot orthosis 20° plantarflexion, gradually reduce plantarflexion to 0°, active range of motion exercises 0-20°	FWB weaning from orthosis	FWB weaning from orthosis

Group 1 (WB + M) vs. Group 3 (NWB + M) vs. Group 4 (NWB + IM)

	1	PWB Walking boot 3 heel wedges Immobilization	PWB Walking boot 3 heel wedges Immobilization	PWB Walking boot 3 heel wedges Early ankle Mobilization	FWB Walking boot 3 heel wedges Early ankle Mobilization on NWB	FWB Walking boot 2 heel wedges Early ankle Mobilization on NWB	FWB Walking boot 1 heel wedges Early ankle Mobilization on NWB	FWB active range of motion	FWB active range of motion	FWB Exercise bike and swimming
Eliasson et al. 2018	3	NWB Walking boot 3 heel wedges Immobilization	NWB Walking boot 3 heel wedges Immobilization	NWB Walking boot 3 heel wedges Early ankle Mobilization	NWB Walking boot 3 heel wedges Early ankle Mobilization	NWB Walking boot 2 heel wedges Early ankle Mobilization	NWB Walking boot 1 heel wedges Early ankle Mobilization	NWB active range of motion	NWB active range of motion	FWB Exercise bike and swimming
	4	NWB Walking boot 3 heel wedges Immobilization	NWB Walking boot 3 heel wedges Immobilization	NWB Walking boot 3 heel wedges Immobilization	NWB Walking boot 3 heel wedges Immobilization	NWB Walking boot 2 heel wedges Immobilization	NWB Walking boot 1 heel wedges Immobilization	NWB active range of motion	NWB active range of motion	FWB Exercise bike and swimming

Group 3 (NWB + M) vs. Group 4 (NWB + IM)

	3	NWB below-the-knee dorsal plaster splint in spontaneous equinus	NWB below-the-knee dorsal plaster splint in spontaneous equinus	NWB ROM Walker-brace with free PF and DF limited to 0°	NWB ROM Walker-brace with free PF and DF limited to 0°	FWB ROM Walker-brace fixed in neutral position (DE 0°)	FWB ROM Walker-brace fixed in neutral position (DE 0°)	FWB ROM Walker-brace fixed in neutral position (DE 0°)	FWB 1cm heel rise	FWB 1cm heel rise
Mortensen et al. 1999	4	NWB below-the-knee	NWB below-the-knee	NWB below-the-knee	NWB below-the-knee	FWB below-the-knee	FWB below-the-knee	FWB below-the-knee	FWB 1cm heel raise	FWB 1cm heel raise

dorsal plaster	dorsal plaster	dorsal plaster	dorsal plaster	dorsal plaster	dorsal plaster	dorsal plaster
splint in	splint in	splint in	splint in	splint in	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