

ACHILLES TENDON REPAIR REHABILITATION PROTOCOL

(TO BE GIVEN TO YOUR PHYSICAL THERAPIST)

	WEIGHT BEARING	SPLINT/ BOOT	ROM	THERAPEUTIC EXERCISE
PHASE I: WEEK 0-2	<ul style="list-style-type: none"> • Non-weight bearing using crutches 	<ul style="list-style-type: none"> • Post-op plantar flexion splint at all times 	<ul style="list-style-type: none"> • None 	<ul style="list-style-type: none"> • Hip, knee ROM and strengthening as tolerated • Towel crunches, toe spreading, toe taps, seated arch doming • SLR, quadsets, sidelying exercises
PHASE II: WEEK 2-6	<ul style="list-style-type: none"> • Weight bearing as tolerated in CAM Walker boot with 2 wedges • Discontinue crutch use 	<ul style="list-style-type: none"> • CAM Walker boot with heel wedges in place (first wedge removed at 4 weeks, second wedge removed at 6 weeks) • Worn at all times except for showering and in PT and even while sleeping 	<ul style="list-style-type: none"> • Accelerated Weight Bearing Protocol • PROM/AROM/AA ROM of the ankle from full plantar flexion to neutral (NO DORSIFLEXION PAST NEUTRAL), Inversion/ Eversion, Toe Flexion/Extension 	<ul style="list-style-type: none"> • Seated heel raises • Isometric dorsiflexion to neutral • Resistance bands for plantar flexion/inversion/eversion • Proprioception exercises - single leg stance with front support to avoid excessive dorsiflexion • Soft tissue mobilization/scar massage/desensitization/edema control
PHASE III: WEEK 6-12	<ul style="list-style-type: none"> • Full weight bearing in sneaker 	<ul style="list-style-type: none"> • None 	<ul style="list-style-type: none"> • PROM/AROM/AA ROM of the ankle - progressive dorsiflexion - 10 degree intervals (10 degrees of dorsiflexion by post-op week 8, 20 degrees by week 10, 30 degrees by week 12) 	<ul style="list-style-type: none"> • Standing heel raises • Single leg eccentric lowering • Step-ups, side steps • Proprioception exercises - balance board
PHASE IV: MONTH 3-6	<ul style="list-style-type: none"> • Full weight bearing 	<ul style="list-style-type: none"> • None 	<ul style="list-style-type: none"> • Full ROM 	<ul style="list-style-type: none"> • Progress with strengthening, proprioception, and gait training activities • Begin light jogging at 12-14 weeks • Running and cutting at 16 weeks • Return to sports at 5-6 months