

**ACHILLES TENDON REPAIR REHABILITATION PROTOCOL**  
(TO BE GIVEN TO YOUR PHYSICAL THERAPIST)

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