

## Rehabilitation after Achilles Tendon Repair Surgery

Post-op Phase	Weight bearing status	Passive ROM and Active ROM	Strength Training	Return to running and sports	Recommended Restrictions
<b>Phase One</b> The first week after surgery	NWB Crutches	Foot and ankle casted  Active ROM exercises toes knee and hip  Elevate leg	Isometric Quad and knee extension, active knee flexion	None	Avoid excessive walking and standing
<b>Phase Two</b> four to eight weeks after surgery	Achilles boot with heel lifts  Progressive WBAT with Crutches weaning to FWB and Boot	Active ROM ankle and foot  Straight leg lifts  Stationary bike with boot	OK for uninvolved lower limb and upper body	None	No forceful stretching  Ambulate with brace on
<b>Phase Three</b> Eight to Twelve weeks after surgery	FWB with Boot  Weaning heel lift as tolerated per MD	Active ankle and foot ROM	Initiate theraband strengthening for ankle and foot	None	No forceful stretching  Ambulate with brace on
<b>Phase Four</b> Twelve weeks after surgery onward	FWB  Wean brace or progress to shoe with heel lift(s)	Begin active calf stretching  Begin toe raise progression	Weight training machines	Gradual walking if no limp.  Walk jog 5 to 6 months post-op  Run/agility/jump training 6 to 8 months post-op  Return to sports 9 to 12 months post-op	Avoid high forces on calf and Achilles tendon