

Patient Name:

Patient Phone:

Surgery/DOS:

Surgeon:

ACHILLES TENDON REPAIR REHABILITATION PROTOCOL

Phase I (Weeks 0-2)

- Weight bearing: Non-weight bearing using crutches (discontinued at 6 weeks)
- Immobilization: Patient in plantarflexion splint
- No formal PT

Phase II (Weeks 2-6)

- Weight bearing: As tolerated in CAM Walker Boot at 6 weeks with Heel Wedges in place (1st wedge removed @ 4 weeks, second removed at 6 weeks) – D/C crutch use @ 6 weeks
- Boot: Cam Walker Boot at all times except showering and working with PT
Discontinue boot at 8 weeks
- ROM: PROM / AROM / AAROM of the ankle from full plantarflexion to neutral (NO DORSIFLEXION PAST NEUTRAL), Inversion / Eversion, Toe Flexion / Extension
- Therapeutic Exercises: Seated heel raises, isometric dorsiflexion to neutral, resistance bands for plantarflexion / inversion / eversion, proprioception exercises – single leg stance w/ front support to avoid excessive dorsiflexion, soft tissue mobilization / scar massage / desensitization / edema control

Phase III (Weeks 6-12)

- Weight bearing: Full weight bearing in sneaker
- ROM: PROM / AROM / AAROM of the ankle
Progressive dorsiflexion - 10° intervals (10° of DF by post-op week 8, 20° by week 10, 30° by week 12)
- Therapeutic Exercises
Standing heel raises, sing leg eccentric lowering, step-ups & side steps
Proprioception exercises – balance board

Phase IV (Months 3-6)

- Progress with strengthening, proprioception and gait training activities
- Begin with light jogging at 12-14 weeks
- Running / cutting at 16 weeks
- Return to sports at 5-6 months

Comments:

Modalities:

Dry Needling

Cupping

Electrical Stim

Soft tissue mobilization/Manual therapy/Graston

Per treating therapist

Signature _____ **Date** _____