

Rehabilitation Protocol: Achilles Tendon Repair

Name: _____

Date of Surgery: _____

Phase I (Weeks 0-2)

- Weightbearing: Non-weightbearing using crutches
- Brace: Patient in plantarflexion splint
- No Formal PT

Phase II (Weeks 2-6)

- Weightbearing: As tolerated in CAM Walker Boot with Heel Wedges in place (first wedge removed at 4 weeks, second wedge removed at 6 weeks)-- discontinue crutch use
- Brace: CAM Walker Boot at all times except showering and when working with PT
- Range of Motion – 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 with front support to avoid excessive dorsiflexion
 - Soft tissue mobilization/scar massage/desensitization/edema control

Phase III (Weeks 6-12)

- Weightbearing: Full weightbearing in sneaker
- Range of Motion – PROM/AROM/AAROM of the ankle – progressive dorsiflexion – 10° intervals (10° of dorsiflexion by post-op week 8, 20° by week 10, 30° by week 12)
- Therapeutic Exercises
 - Standing heel raises
 - Single 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 light jogging at 12-14 weeks
- Running/cutting at 16 weeks
- Return to sports at 5- 6 months

Frequency: _____ times per week

Duration: _____ weeks

Signature: _____

Date: _____