

ACHILLES TENDON REPAIR PROTOCOL

Name: _____

Diagnosis: _____

Date of Surgery: _____

Frequency: 1 2 3 4 times / week Duration: 1 2 3 4 5 6 Weeks

____Weeks 0-3:

- Strict NWB in plantar-flexion splint with crutches
- No toe-touch weight bearing
- Toe curls, toe spreads
- Knee ROM (active and passive)
- Straight leg raises

____Weeks 3-8:

- Remove splint and transition into plantar-flexion boot
- Transition to partial weight bearing with crutches in plantar-flexion boot
- Avoid full weight bearing in boot until 6 weeks post surgery
- Plantar flexion boot at 40 degrees (4 heel pads) starting week 3 and reducing by 10 degrees (remove one heel pad) each week until neutral dorsiflexion/plantarflexion at 7 weeks
- Light ankle dorsiflexion within confines of ROM restrictions
- Isometrics of uninvolved muscles, proprioception exercises, intrinsic muscle strengthening
- Stationary cycling at 6 weeks with heel push only (not toe) in boot

____Weeks 8-12:

- Discontinue boot and gradually wean into regular supportive shoe initially with heel lift
- Begin and gradually increase active/resistive exercises of the Achilles (i.e. submaximal isometrics, cautious isotonic, Theraband)
- Manual full passive range of motion of the Achilles — nothing forceful
- Progress to cycling in shoe, swimming

____Months 3-6:

- Wean heel lifts if not done prior; cycling, rowing machine, etc.
- Closed chain exercises: controlled squats, lunges, bilateral calf raise (progress to unilateral), toe raises, controlled slow eccentrics vs. body weight

____Months 6+:

- Month 6: Jogging/running, jumping, and eccentric loading, sports-simulated exercises
- Month 8-9: Return to full sport if rehab goals met

Signature _____

Date: _____