

# Rehabilitation Protocol: Achilles Tendon Repair



Name: \_\_\_\_\_

Date: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

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/densensitization/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**

Comments:

Frequency: \_\_\_\_\_ times per week

Duration: \_\_\_\_\_ weeks

Signature: \_\_\_\_\_

Date: \_\_\_\_\_