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: ____________________________