

## REHABILITATION PROTOCOL: ACHILLES TENDON REPAIR

### □ Phase 1 (Weeks 0-2)

- Weight bearing: Non-weight bearing with crutches
- Cam boot: Heel wedges in place, wear at all times
- No formal PT

### □ Phase 2 (Weeks 2-6)

- Weight bearing: As tolerated, in Cam boot with heel wedges
  - Remove first wedge at 4 weeks, second wedge at 6 weeks
- Range of motion
  - PROM/AROM/ AAROM 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 3 (Weeks 6-12)

- Weight bearing: Full
  - Cam boot remove all wedges
  - Discontinue boot at 8 weeks
- Range of motion: PROM/AROM/ AAROM ankle
  - Progressive dorsiflexion- 10° intervals
    - 10° dorsiflexion at post-op week 8
    - 20° dorsiflexion at post-op week 10
    - 30° dorsiflexion at post-op week 12
- Therapeutic exercises
  - Standing heel raises
  - Single leg eccentric lowering
  - Step-ups, side steps
  - Proprioception exercises- balance board

### □ Phase 4 (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