



Achilles Tendon Repair Protocol

Patient NWB (non-weight bearing) for 2 weeks unless otherwise indicated.

Use heel lift for 6 weeks once bearing weight.

PT begins at 8 weeks post-op unless otherwise indicated.

Phase I

- Gait training (wean from heel lift after 6 weeks if applicable)
- Soft tissue massage and/or modalities as needed

Exercises:

- Towel calf stretch (without pain)
 - Theraband exercises – dorsi and planterflexion, inversion, eversion
 - Sitting calf raises
 - Straight leg raises
 - Bike light if ROM allows
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- May perform pool exercises
 - The patient may do this mainly as an independent program if appropriate

Progress to Phase II when:

- tolerates all Phase I without pain or significant increase in swelling
- ambulates FWB without device
- ROM for plantarflexion, inversion and eversion are normal
- dorsiflexion is at approximately neutral

Phase II (10-12 weeks post-op)

- Gait training
- Soft tissue work and/or modalities as needed

Exercises:

- Standing gastroc and soleus stretches.
Bike light to moderate resistance as tolerated
- Leg press: quads bilateral to unilateral, calf raises (sub-maximal bilateral to unilateral)
- Sitting calf raises at generally 10-12 weeks
- Step ups/Step downs.
- Unilateral stance; balance activities with challenges if appropriate (ground clock)
- Mini-squats – bilateral to unilateral
- Stairmaster – short steps 4", no greater than level 4 if no pain or inflammation

- May continue pool if appropriate
- May be 2X/wk or to independent as appropriate

Progress to Phase III when:

- can do each of Phase II activities without pain or swelling
- ROM equal bilaterally
- able to do bilateral calf raise without difficulty and weight equal bilaterally
- unilateral stance balance equal bilaterally

Phase III (Generally not before 12 weeks)

Frequency at discretion of therapist.

- Gait normal without device.
- Standing calf raises to unilateral at generally 16 weeks
- Outdoor biking.
- Full/maximal one leg PRE's [progressive resistance exercises] (at 16 weeks)
- Agility drills (generally not before 16-20 weeks.)
 - jogging to running when pain-free
 - sport-specific; cutting, side shuffles, jumping, hopping