

Rehabilitation Protocol: Achilles Tendon Repair

Phase I (Weeks 0-2)

- **Weight bearing:** Non-weight bearing using crutches
- **Brace:** Patient in plantarflexion splint
- **No Formal PT**

Phase II (Weeks 2-6)

- **Weight bearing:** 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 formal 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/desensitization/edema control

Phase III (Weeks 6-12)

- **Weight bearing:** Full weight bearing 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**